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National News

by Robert N. Taylor

Blacks support Clinton, but want Jesse Jackson to run again

A new USA TODAY/CNN poll is showing that an embattled President Clinton is receiving his greatest public support from African Americans. According to the survey, 71% of blacks approve of the job Clinton is doing as president. This compares Clinton's popularity in the general population at around 43%. However, despite their support for Clinton, the survey found that a majority of blacks still would like to see Jesse Jackson run for president again in 1996. Fifty-one percent favor another Jackson run for the presidency while 41% are opposed. The poll found Jackson to be the most popular black political leader with 76% saying he represents their views very well. African American support of the Democratic party also remains strong. Nearly half (47%) say the Democrats work to advance black interests while only 7% favor the Republicans. But 20% of blacks surveyed voted support for starting an independent black political party.—WASHINGTON, D.C.

Report: "Environmental racism" has gotten worse

Several years ago recently ousted NAACP head Benjamin Chavis accused the government and big companies of practicing "environmental racism" against the nation's African-American population. Now, a just released report suggests that Chavis' charge was right and that the problem is getting worse. The report says that in 1980, 25% of the people living in a Zip Code that contained one or more hazardous waste sites were non-white, but by last year the proportion had increased to 31%. The question now being raised is whether such waste sites are being deliberately placed in minority communities or are the placements a result of population shifts. The minority group most negatively affected is American Indians. The report was issued by three organizations: The Center for Policy Alternatives, the Commission for Racial Justice and the National Association for the Advancement of Colored People.—WASHINGTON, D.C.

Black females doing better on S.A.T.

The S.A.T. is the nation's most frequently
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CORE group members (left to right) Jesse Wintz, Ras Thomas (white shirt), Marketh Terry, Malik Dyer, Willie Austin, Rashad Griffin and Corleek Clark. Photo: Felicia Owens

CORE gives teens a better future

by Paul Joseph

Turn on the evening news or read the daily paper headlines, and statistics after statistics will show African-American males between the ages of 15-25 have a much greater chance of being incarcerated than any other group in the nation. What is even more staggering is that they have a higher chance of meeting with the law more than once, usually for the same crime.

In the State of New Jersey, these youths have an 85 percent chance of facing the revolving prison doors, according to the Division of Juvenile Justice. However, one pilot project in Newark, N.J., is hoping to break down this door, stopping the cycle.

Project CORE (Community Organized to Regain their Environment), a collaborative effort of the Division of Juvenile Services, New Jersey Department of Human Services

and Rutgers University, is trying to provide hope and a possible future to local juvenile offenders.

CORE spokesman Greg Williams said traditional rehabilitative measures have proven to be ineffective in keeping juveniles away from the "seductive streets," and that military-type programs such as boot camps would do nothing to stop the high recidivism rate of youth offenders. "Boot camps don't deal with the real causes of the kids' problems," he stated.

The spokesman stressed poverty, joblessness, breakdown of the traditional family unit, and lack of self and community values as some of the main ingredients which contribute to the high crime rate of urban youths.

CORE tries to balance responsibility and outside variables which contribute to the commitment of an offense, according to Williams "one of the most unique things about

(Continued on page 3)

Newark politicians and mayor's staff subpoenaed

Mayor Sharpe James denies fund-raising improprieties

by Paul Joseph

The State Department of Criminal Justice have served subpoenas to several Newark political leaders and have asked for documents from the Mayor's office of Employment and Training (MOET).

The subpoenas, which have been investigating the relationship between an organization called the Friends of Sharpe James and a now defunct Bergen County savings and loans, did not specify any link between their investigation and the subpoenas issued

last Wednesday.

Sharpe James' Chief of Staff, Jackie Mattison, members of the city council, Development Department, the Division of Tax Abatement and the law Department were served with subpoenas.

The papers asked for records and correspondence pertaining to consideration of, or recommendation that a tax abatement be confirmed on the Forest Hill Urban Renewal Association.

The MOET, funded primarily from the U.S. Labor Department, is a part of the

mayor's office which plans job and training programs. It is responsible for the local summer youth employment training program and receives approximately \$15 million annually from the Federal Government.

The Mayor of New Jersey's largest city denied reported wrong-doing stemming from the relationship between Friends of Sharpe James and the savings and loan association.

In a recent issue, the *Bergen Record*, citing bank records and interviews with state officials, reported that State investigators were looking into whether Metrobank in

(Continued on page 3)

Blacks and the justice system

by William Reed, NNPA
Director of Communications

Polls among African Americans show that when it comes to attaining justice in this country, blacks believe that they are singled out for unfair treatment. Frequently the numbers bear them out. For example, one out of four young black men between the age of 16 and 30 is caught up in the American judicial and enforcement system. Among older blacks, church and organization leaders and elected officials are also charged with crimes with much more frequency than their white counterparts.

According to David Bostis, a senior fellow at the Joint Center for Political and Economic Studies, "The charging of racism by many

blacks is a premise that has validity."

In August, Mel Reynolds, a Rhodes scholar and first term congressman from Chicago, was charged with 20 counts of statutory rape, soliciting child pornography and tampering with a witness. Declaring his innocence, Reynolds gained scores of other blacks, blaming his troubles on white racism, saying, "If I were a white congressman with the same background, would the same thing have happened? I think not. This is the sad truth about being an African-American man."

Reynolds, married and a 42-year-old father of three, is one of many African-American political figures across the country facing criminal charges, who may have been singled out and pursued because of their race.

Former Washington, D.C. Mayor Marion (Continued on page 4)

The Odyssey of O.J. Simpson

By Joe Williams III

I think it's necessary to start by discussing the dilemma of a commentator who writes about social issues. The social and political commentator is the "Pitkin" person for social thought or discussions around very complex, often puzzling circumstances. In most cases, the commentator deals with very limited, very raw information. He must, often times, draw sophisticated points of view as a situation unfolds. As a social phenomenon reveals its unpredictable head, the commentator must try to explain what the beast wants, and why, and how it impacts on history, how it will effect the future.

The odyssey of O.J. Simpson is such a social phenomenon. It impacts our social structure, it invades our social consciousness. It forces us to think. It makes us realize just how complex life can be at times.

The odyssey of O.J. Simpson is a rich lesson in life [O].

This is the first time in American history that a large segment of the white community has come out in support of a black man accused of killing a white woman. I think that we must be very clear that these whites were not saying that they support murder, or a murderer, but they were saying that they did not accept the allegations without proof. They placed color in the background, and pushed reason to the forefront.

Why? People don't just change overnight.

Well, white people have watched with a careful eye as other black public figures have been slandered, lied on, and tried by the media. Some of the high profile cases have been Michael Jackson, Mike Tyson, and Michael Jordan. Some whites stood up and said, "Enough." We will not have another Rodney King in this city. In their subconscious, collective minds, they understood that if they don't take a stand for justice now, their

freedom will be eroded later. No, their support had little to do with O.J. Simpson. They came to understand that racism had blinded their ability to be human. However, we must not be lulled to sleep, racism is still alive and kicking.

A deeper analysis will reveal that many white people had much trouble trying to explain the beating of Rodney King to their children. The case of O.J. is very important in the evolution of racism. Whites used to be so blinded by the fear of a black man turning a white woman that a black man could be lynched just for being accused of looking at a white woman in a suggestive, sexual way.

But, let's look a little deeper. Why did thousands of whites stop their cars on the freeways and show moral support for O.J.? Why did they make placards of support and wave them in front of the media for the world to see? Again, do they love a black man that much, maybe, maybe not. I don't think so. I think it was a show of mass disappointment, mass disillusion that many whites have with the social, political, and economic system we live under. They just don't trust the system. Their protest was just as much a statement against their lack of economic security in terms of feeding their families; their fears of a police force out of control; and of lying politicians from the white house on down to city hall. Those freeway protesters were eventually going to find some way to vent their frustration whether O.J. came on the scene or not.

The bottom line is that many, many people just don't trust the police. Rodney King's beating was running through many people's minds as they watched in awe the 35-mile an hour odyssey as the white van was trailed by an army of police cars. In our minds, we were asking, "When will they open fire?" We were judging them by their history of over-reaction. But, their arms were tied, the world was watching. The world forced the L.A.P.D. to

(Continued on page 4)

East Orange observes Minority Health Month

Community outreach programs include Aids Walk, Men's Health Program and Health Fair



Claude Watts, vice president of ambulatory care for East Orange General Hospital, Councilman Small; East Orange Mayor Cardell Cooper; Rudeline Smith, president of East Orange Board of Health; Dr. Daniel Desrivieres and Robert Russell, president and CEO of Newark Community Health Center Inc.

(Continued on page 10)

Community Calendar

THURSDAY, SEPTEMBER 8

info, call 908-968-7555.

NEWARK—NUT, New Jersey Institute of Technology, architecture students will discuss their design projects as part of the exhibition "Newark Tomorrow: Six Projects from the School of Architecture," New Jersey Institute of Technology from 2 p.m. to 6 p.m. at the Newark Museum. For more info, call 201-596-6550.

NEWARK—A ground breaking ceremony will be held for South Ward Estates at 11:30 a.m. on Jeff Avenue between Watson and Meeker Avenues. For more info, call Joanne at 201-744-3100.

FRIDAY, SEPTEMBER 9

ROSELLE—There will be a Chinese Auction at Roselle Catholic High School at 7 p.m. For more information call 908-852-0640.

SATURDAY, SEPTEMBER 10

METUCHEN—Flea Market and Fundraising event to be held at the Sacred Baptist Church's SBC Community Life Center Inc. from 9 a.m. to 5 p.m. 100 Durham Ave. Rain date is on Sept. 17. Vendors wanted, call 908-753-5247.

SEPTEMBER 10 THRU OCTOBER 7

PLAINFIELD—Finger artist, Rhoda Yarrow suffuses polka with personality her new "Dance Series." Recent Pastels to be exhibited at Swan Galleries. For more info, call 908-756-1701.

SUNDAY, SEPTEMBER 11, 25

NEWARK—National Freedom Democratic Party meeting. A multi-national, mass organization mobilizes to unite all forces for genuine representation and democracy. 6:00 p.m. 808 S. 10th St. Call 201-242-1346.

SEPTEMBER 12-16

NEWARK—The Newark School district in cooperation with the Newark Education Council is offering free immunizations for school age children from 1:30 p.m. to 6:30 p.m. at specified locations. For more info, call 201-733-1151.

TUESDAY, SEPTEMBER 13

PISCATAWAY—Circle Players of Piscataway invites all those interested in learning more about the group to their monthly meeting at the Circle Playhouse, 416 Village Ave., at 8 p.m. For more

WEDNESDAY, SEPTEMBER 14

NEWARK—There will be an Opening Reception for The Newark Public Library's celebration of Hispanic heritage in the Centennial Hall from 6 p.m. to 8 p.m. The evening's gala includes performances from El Club Espana presenting folk presentations folk dances and music of the north-west region of Spain. For more info, call 201-733-3637.

NEWARK—F.E.W. Harper Literary Society Program presents a discussion of Maya Angelou's "Wouldn't Take Nothing for My Journey Now" in the James Brown American Room at 6:30 p.m. For more info, call 201-733-7734.

FRIDAY, SEPTEMBER 16

IRVINGTON—There will be a softball game between the Kisslovers of 98.7 Kiss FM and the Irvington club association at the 40th St. Park at 7:30 p.m. For more info, call Brian Coleman at 6 p.m. at 201-372-7455.

SATURDAY, SEPTEMBER 17

PLAINFIELD—There will be Ethnic Food Festival at Park/Madison Park from 8 a.m. to 3 p.m. For more information call 908-753-7073.

NOW THRU SEPTEMBER 17

PLAINFIELD—Literacy Volunteers of America will host Basic Reading Tutor Training Workshop at Plainfield Public Library from 10:00 a.m. to 1:00 p.m. For more info, call 908-755-7998.

MONDAY, SEPTEMBER 19

EDISON—The Middlesex County College Continuing Studies Office presents a workshop "How Can I Learn It All? Study Skills and Learning Techniques" from 6 p.m. to 8 p.m. in Rm. 318. For more info, call 908-906-2590.

BEGINNING SEPTEMBER 27

WESTFIELD—The Union County Race Crisis Center will hold its annual fall training for volunteers from 8:30 a.m. to 10 p.m. For more info, call 908-233-7273.

NOW THRU SEPTEMBER 30

NEWARK—Victims of crime who are unable to meet financial obligations because of their misdeeds should contact Newark Emergency Services for Families, Inc. at 1-800-996-7023.

Send Community Calendar events to:
City News, 144 North Ave. Plainfield N.J. 07060

City of Newark inducts 12 new firefighters

NEWARK—At a recent ceremony in the Newark Fire Department Training Academy, Mayor Sharpe James and Fire Department Director Stanley J. Kossup inducted 12 new firefighters and promoted Fire Alarm Operator Glenn Crane to the rank of Chief Fire Alarm Operator and Fire Captains Robert Carter, Michael Lalor, Patrick Tansey and William Weber to the rank of battalion chief.

"Every day, firefighting men and women put their lives on the line for their community as well as for their fellow firefighters," Mayor James said. "Very few people

would have the courage it takes to be a firefighter, that is why their unwavering dedication to fulfill these duties makes them very special."

Among the individuals who were appointed as firefighters were Jeffery Dutton, who comes from three generations of Newark firefighters, David Cuccolo, a former Newark police officer, and Cuccolo's childhood friend, Anthony Duka, a plumber with a supply company in East Orange. Other inductees were Nigel Brown, Fred Thompson, Scott Ramond, Raymond Hutton, Jan Richards, Frank Cerami, Ellen Ganser, Steve Ostertag and Carmen Maya.

New assistant superintendent in Irvington

Irvington—New Assistant Superintendent for Elementary Education, Dr. Ernest H. Smith plans to spend a lot of time with students in the Irvington Public School system. "I intend to spend a lot of my time in the classrooms," Dr. Smith said.

"Self-esteem, skill development and preparation for college and the world of work are vital components for the success of our students," he added. Dr. Smith will be the senior administrator for 10 schools.

With 24 years in education ranging from an elementary school teacher to a high school principal, Dr. Smith says he is enthusiastic about coming to Irvington.

"I am excited about being here and I am looking forward to the challenges I'll face. I believe team success is well on its way and has brought about improvements in our schools and will bring even more," Dr. Smith said. "My job is to help make the system better by working with parents, teachers, students and administrators."

"I believe in the school-based management approach," he said. Dr. Smith who is also very active in community work and has achieved various accomplishments working with students says he is concerned about each and every student in the



Dr. Ernest H. Smith

district. "Every student is important, no matter how large the school system is," he added. "A good solid foundation in a child's formative years enhances his or her potential for success. Dr. Smith said he also believes in the bottom-up approach to management. "I plan to create an atmosphere where teachers, principals, and parents can come together to form solutions for problems in neighborhood schools," he said. To that end Dr. Smith said he has already started meeting with parents and administrators at the school system.

Coping

by Dr. Charles Faulkner

Tell women exactly what you want

Dear Dr. Faulkner:

I am having a hard time meeting women. In the past, I used to avoid telling women what I wanted from our relationship. I used to test around the bush and just tried to be nice. But that didn't work because when I finally tried to have sex with her, she got angry. So I changed my strategy. Now I tell a woman exactly what I expect out of our relationship, when I first meet. I simply try to be honest. I tell her that I want to have sex with her and that I even know how to make her happy. However, when I tell her the truth, she gets offended. I don't know what strategy to use.

Mr. B., Chicago

DEAR MR. B.:

Slow down. Take it easy. Even if a woman wants to have a sexual relationship, she will let you know indirectly. If you start off a conversation with "Hey baby, I want to have sex with you," she might get frightened (even if she wants to have sex with you). By being so frank, you might make the lady think that you will throw her down on the bed, have sex with her, get your hat and leave. Or worse.

This scenario has no affection or emotion in it. And if she develops a deep feeling for you, there is no promise of a long-term relationship. Also, she may think that you have sex with every woman you meet, thus, you might have an STD (Sexually Transmitted Disease). Further, a hit-it-and-leave attitude does nothing to fulfill our need for possession—to claim a person as our own.

How would you feel if a lady whom you had just met did not want to hug, kiss or exchange affection, but wanted to jump in the bed immediately? You would have good reason to believe that she does the same thing with every man she meets. The fact is that most people, male and female, see sex at the end of the rainbow, but procedures of love, mutual ego enhancement, commitment and affection usually have to precede it. Not many of us say, at the first meeting, "Let's have sex."

You should try a gentler, more subtle approach. But first, examine the situation, evaluate the personality of the woman, follow her lead (She will give some indication as to how she wants to go). Show some affection and set the pace (but don't appear to be "Begging" or "Hard off"). Most people back off if the person pursuing them appears to be desperate. This is, unfortunately, where the "Games" are played in relationships. Somebody may desperately desire to be with you, but they won't let you know it because they feel that if they let you know that they admire you, you might let it go to your head and you might think that you are too good for them.

So most people never reveal their innermost feelings because they fear that no one will be receptive to them if they do. The fear of rejection is the constant element that keeps us restrained and even dishonest and distrustful. Obviously, the most appealing relationship is the one in which both parties are honest with one another. There are few couples like that. If you attempt to find a good friend, and use honesty as your guide, you can get your foot in the door, then you can take it to the next level—on your way toward friendship, love and sex.

If you would like to contact Dr. Charles Faulkner, you may write him at:

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National News

by Robert N. Taylor

(Continued from page 1)

used standardized college admission test. And for years whites and males have done significantly better on that test than blacks and females. But that is changing—albeit a little. According to the most recent figures, black females are making gains on both the verbal and math portions of the test. Female black students now score higher than black males on the verbal portion of the test (\$54 to \$48) but black males still score higher on the math portion (\$99 to \$81). However, blacks overall remain behind whites by approximately 150 points. But the gap has closed in recent years. Critics have often accused the test of being biased against blacks and women.—PRINCETON, NJ

Young black makes golf history

His name is Tiger Woods. And he has gone successfully into a world where few blacks have gone successfully before—Golf. Woods last week put his way into the history books by becoming the youngest person and the first black ever to win the 99-year-old United States Amateur Golf Championship. He battled from six strokes back to defeat 22-year-old Trip Kuchor. Woods, whose full name is Aldrick Tiger Woods is 18. He has been making a name for himself since he captured the Junior Amateur Championship at age 15. Asked about his history, Woods could only say, "I have never been 6 down and won. It is an amazing feeling." —PONTIAC VEDRA BEACH, FL

Black wealth seminar set for October in Buffalo

The next in a series of forums designed to show African Americans how to build personal and family wealth has been set for October 1 in Buffalo, New York. The all-day seminar details self-help topics including home-based businesses and buying real estate with little and no money down as well as financial planning, short term investing and making profits in the 900-number business. Credit repair sessions will also be held. The seminars are being sponsored by the national black wealth building organization known as the Better Life Club. Persons interested in attending the day-long event can receive pre-registration material by calling 1-800-746-1821.—BUFFALO, NY

Racism charged in cop-shooting-cop in New York

It was a crowded midtown Manhattan subway station. A white off-duty police officer mistakes a plain clothes black officer for a fleeing gunman. The black officer is shot six times—twice in the back. The mayor and the police department say it was a mistake but some black officers are charging racism. The black officer—Deon Robinson—has reportedly told his lawyer that he was shot twice in the back after he was already sprawled face-down on the subway platform. The white officer Peter Del Debbio—says it was a rapid fire situation in which Robinson was hit in the back after twisting away. The incident is being investigated and Robinson is expected to recover.—NEW YORK, NY

National beauty pageant set for DC in November

Organizers of the Miss Black World Beauty & Modeling Pageant have announced they will be holding their first event during the week of November 7-12 in Washington, D.C. The pageant aims to have participants from all 50 states and several foreign countries. Spokesperson Sandra Wells, told a recent news conference, "This will be the most glamorous and rewarding black-oriented beauty pageant ever held." Exhibitors and those seeking advance tickets should call 202-319-8451 in order to receive information.—WASHINGTON, DC

U.S. Authorities subpoena Newark politicians

(Continued from page 1)

Palisade Park, N.J. received a \$28 million tax abatement on a real estate project in the Forest Hills section of Newark for a \$10,000 contribution to a party sponsored by the Friends of Sharpe James.

The article also said that investigators were probing whether checks made to the mayor's charity group, The Sharpe James Civic Association, were being cashed by James' assigned police bodyguards with the money

returned to the mayor or his aids.

In a released statement concerning the article, James said the City Council, not he, had jurisdiction over the real-estate project and that he had no involvement in the granting of tax abatement for the project. He also denied allegations that he met with Metrobank officials or people lobbying the City Council on behalf of the savings and loans company.

James called the article grossly inaccurate, highly distorted and out of context.

"As a public official, I have grown accustomed to the challenges to my personal reputation implied in such articles. At the same time, I have every reason to expect that responsible journalists, and the editors and publishers for whom they work will exercise the same degree of accountability as the dedicated senior staff people in the city of Newark who have the daily responsibility for sound analysis, review and recommendation regarding such matters."

Although State prosecutors refused to comment on whether James was being investigated, allegations such as these have surfaced before. Last year, the New Jersey Law Journal questioned James' lucrative property holdings based on his salary. It also reported that state investigators had subpoenaed his fund raising records.

"I am proud of my record of public accomplishments," James said. "And will remain at all times honest, respon-

sible and open for public scrutiny."

If indicted, James will join a long list of officials in Northern New Jersey who have been accused of abusing their offices.

The allegations surfaced at a time when a Newark Councilwoman, the Essex County Executive, and several other area officials were convicted of office improprieties. A former East Orange Councilman and two Newark Councilmen were indicted this past February.

CORE gives teens a better future

(Continued from page 1)

Project CORE is that we continue to look at the individual as responsible for the crime he committed, but at the same time we recognize that there are a lot of factors that contribute to the reasons why he committed the crime in the first place," he said.

He added, at CORE students learn how to make better choices and receive opportunities to implement those choices while advocating independence. "One of the most tragic things we can do is give them skills without opportunity," Williams said, "this only recreates the continuing cycle of going in and out of jails."

"I wanted to change myself. I wanted something better," said

Kashin Easterling, 16, of Newark, a graduate of the program.

At his young age, juvenile hall had become part of the normal routine for Easterling. That is, until he discovered Project CORE while serving a sentence for eight counts of theft and weapon possession at the Jamesburg Home for Boys in Jamesburg, New Jersey.

He said his life has taken a whole new direction thanks to the program. He has his eyes set on attending Georgia's historically black institution, Morehouse College and plans to go back in front of a judge, but this time as a lawyer and not a defendant.

"The program has showed me that it is better to do positive things," he said, "I plan to get my GED and

achieve my childhood dream of becoming a lawyer."

Easterling strongly supported the program and said that he will keep in touch and be available anytime they needed his help.

"In this program, they do whatever they can do for you. They stick with you no matter what," he said, "in the future, I definitely will be there for it. It helped me out a lot."

Project CORE runs for eight months and consist of two parts. The first four months is overseen by the Division of Juvenile Services which is responsible for working with the young men to instill core values such as pride, respect, leadership, discipline, teambuilding, responsibility, work ethics and education.

The second half of the program is monitored by Rutgers University. At this phase it becomes an intensive aftercare program which aims to prepare, place and monitor youth in jobs or educational placement through services that address their educational and personal needs. Services include: career exploration, basic skills development, reinforcement, coping strategies and community service.

This part of the intensive program includes a 10:30 p.m. curfew and a "Trek" through the Appalachian Mountains.

The week-long trip focuses on teaching the students how to survive in an unfamiliar environment. "If they can survive out there, they can come back to Newark and survive in more

familiar surroundings," Williams said.

In addition, they are taught in leased classrooms above the Salvation Army building in downtown Newark from 6:30 am-10 p.m. They also spend a lot of time interacting on the University's Newark campus.

CORE is funded through federal drug confiscation and forfeiture monies supplemented by state educational funds.

Juvenile offenders must demonstrate maturity and individual efforts to be qualified for the high-structured program. They are given time off from their sentences as an incentive for joining CORE.

Next week, City News will examine the Friends of the Lifer's similar project taking place in Jersey City.

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(Continued on page 12)

OPINION

EDITORIAL

A message to the class of '95

Once again, it is the time of the year that every parent loves and every child wishes would never end. It's back to school time! This means new classes, new clothes and old friends. It's time to put away the basketball, the beach ball, the jump ropes and forget those long hot summer nights hanging with the crew until the morning dust.

Whether you are entering kindergarten, your senior year or a college classmate for the first time, this is an exciting period for new beginnings, for fulfilling dreams undisturbed.

Unfortunately, in these violent times, it is also the time for gun-sniffing dogs, more metal detectors, surveillance cameras, book bag bands and locker searches to keep contrabands out.

As we enter schools, let's not forget that the mission is to empower and nourish the self through education. Let's remember that a gun is not a solution to a problem but the beginning of a cycle of pain and destruction. Violence only breeds more violence; it only creates statistics, leaves grieving mothers childless and friends without friends.

To the parents, get involved with your children's schooling. Attend that PTA meeting, make the time to see the counselor when the note arrives. Ask for that homework. Don't forget little league or that special recital. Best of all listen to the adventures of the school day. Show the children love. They hold the key to the door of tomorrow.

Ousted NAACP communications director tells what went wrong

by Todd Burroughs

WASHINGTON (NNPA) One of the things that I have always admired about my mentor, teacher and friend, Don Rojas, is his honesty. But even I was surprised with the frankness displayed by the former NAACP Communications director at a Brooklyn, N.Y., public forum two weeks ago.

"We [the movement] have squandered a once-in-a-lifetime opportunity," said the former executive editor of *The New York Amsterdam News*—New York's premier black newspaper—to a crowd of nearly 200 at P.S. 167.

That opportunity, explained the former Minister of Information for the late Grenadian leader Maurice Bishop, was to transform the NAACP into a "fighting organization."

The chance was lost August 20, when the group's national Board of Directors voted overwhelmingly to terminate the contract of Executive Director Benjamin F. Chavis Jr.

Chavis—frequently criticized by the nation's white media for inviting Nation of Islam leader Louis Farrakhan to its first National African American Leadership Summit last June—had become embroiled in scandal when it was disclosed that he was not informing the board, he used NAACP funds to pay off former aide Mary Stansel in order to avoid a sexual harassment lawsuit.

The following Monday after Chavis' ouster, Rojas found himself denied access to the NAACP's National Headquarters in Baltimore, with the locks changed on his office door. He was officially fired five days later. His department has been abolished, replaced by much-leader public relations unit.

Rojas said although the primary reason for Chavis' ouster was political, "significant errors" were made by the administrative that contributed to his demise.

He outlined to the crowd the fol-

lowing lessons that were learned:

- Any time strong black leaders rise up to lead the masses in a positive direction, they shall be attacked. (But, he added, that truth should not be used as an excuse to not challenge oppression.)
- Professional ethics are just as important as correct tactics. "There must be no contradiction and inconsistency between what we say, and what we do."
- We must be humble and admit mistakes. (In my view this was Chavis' fatal flaw. There is a difference between shuffling "one-man-ism." We must develop the skill of listening. (Another Chavis mistake. What's the purpose of having advisors if you discard their advice?)
- We must never fail to call on our true allies to help us. (Many activists have complained, both publicly and privately, of Chavis' inability to maintain contact.)
- Never, never, never play games with power. "Rojas was not surprised by the way he was treated by the board. They wanted my head a long time ago," he said, referring to the intra-NAACP fight out of a meeting Chavis held with several black nationalists and leftists last April—an action in which the board also was not notified.
- I leave the NAACP with a mixture of sadness and relief. I wish the NAACP well, said Rojas.

Frankly, after what I've seen and experienced, I no longer care about the NAACP.

But I wish Don Rojas well. He deserves it.

Todd Burroughs, a Ph.D. graduate student in the College of Journalism in the University of Maryland at College Park, is proud to have served under Don Rojas.

by Connie Woodruff

It's back to school time again and the Newark school district is still clogged in mortal combat with the State Department of Education over the latter's intent to initiate a takeover of the system.

The state has certainly presented a convincing case for a takeover while Supt. Eugene Campbell and the Board of Education just don't seem to be able to get their act together.

Nobody seems to care much how all this confusion will impact on students, most of whom drop out of school barely literate and without the necessary skills to function in a technological society.

When Board of Education members blame "politics" for the dismal outcome of educating Newark children, it is the ultimate cop-out for seeking someone or something to blame.

Newark probably has the most political board of Education in the state. The annual elections are an intense competitive and as vicious as elections for any office in the city, county and state. Only those with some political savvy,

political ambition or the support of special interest groups like unions affiliated with the school system, city hall or the county can expect to survive. Money and manpower suspende good intentions and commitment to do the right thing by students.

The right political connections and personal popularity can insure a board member's longevity. Former board president Charles Bell's quarter century of service is a case in point.

Eleanor George, another oldie in terms of years on the board, is better known for her longtime friendship with Steve Aduabo and the North Ward Educational Center than as a strong advocate for students and their academic achievements.

Current board president Evelyn Williams' claim to fame is her affiliation with the Essex County Democratic Committee as a South Ward party vice chairlady and Secretary to Raymond Durkin, Essex County chairman.

This past May, Bessie Walker, a former Central Ward Dem. vice chairlady tried to parlay her board

visibility to higher elected office when she ran for councilwoman-at-large.

Kim Ladd, a former aide to Newark council president Donald Bradley, was elected to the board as an activist with the South Ward Independent Democrats. She was councilwoman Mildred Crump's campaign manager this past May and is currently Crump's chief of staff.

There is a distinct difference between the politics of the Newark board and the bureaucrats in Trenton hired as the professionals to oversee the school districts.

It appears a statewide citizen's revolt against failing schools is not a priority item because urban schools have been lumped together in a category known as "special school districts" where the clientele is predominantly African American and Latino.

Unfortunately these students just give up when they realize they are not expected to achieve. A few rise above the obstacles of low teacher expectations, outdated buildings, lack of materials to enhance learning and disruptive classmates to mention a few of the impediments confronting them on a daily basis.

Did anyone ask you your opinion?

by Sharon Khadijah Vincent

Major white controlled media outlets have been spending a lot of time during the last couple of weeks trying to convince the African-American community that certain individuals are our leaders, and that these individuals have the support of the majority of our people. Publications such as the *USA Today*, *The Washington Post*, *The New York Times*, *Newsweek* and *Time* magazines have all published the results of "polls" that supposedly represent the views of the majority of African Americans.

Were you called or contacted by mail to solicit your views on politics? Do you know if any individuals who were probably not. These polls are just more of the same old propaganda tactics designed to tell us what we should think and feel as opposed to reflecting what we really think about important topics and issues.

The *New York Times* went into

overdrive with their attacks against Benjamin Chavis. With all of the topics to be written about and discussed around the world, they published an unprecedented number of editorials attacking Dr. Chavis and calling for his ouster. They know, better than we do, what's best for the African-American community. They know, better than we do, when should best "lead" us. They believe that they should determine what our primary goals, focus and direction ought to be.

When Benjamin Chavis reached out to different individuals, groups and organizations within the black community to come together in order to address the myriad of problems confronting our people, his call for unity touched off alarm among the established white power structure. In particular, his efforts to renovate the NAACP and bring more young people into the organization, along with inviting Minister Louis Farrakhan of the Nation of Islam to the Black Leadership Summit meeting

alarmed and concerned them.

The refusal to bow to pressure from forces outside of our community to bar Minister Farrakhan from the summit, caused the white controlled media to step up their attacks. It really only became a matter of time before something would be used against Dr. Chavis. Those individuals who never supported the decision to hire Dr. Chavis were used as the cover for the attacks. There was never a chance for the problems to be dealt with on an internal basis, regardless of the course of action that may have been considered in dealing with the allegations leveled against Dr. Chavis. A lesson had to be taught, so that individuals pondering moving beyond the status quo would sit back and think twice before even daring to go against the "master" wishes.

Individuals such as Clarence Thomas and General Colin Powell supposedly enjoy a large percentage of support from our community and who we should be following and listening to. Reverend Jesse Jackson usually comes out as enjoying the majority of support

Luckily not all students in urban schools fall through the cracks, but not enough succeed. Ignorance will breed yet another generation of failures, thus guaranteeing an increasing dependency on welfare and poverty, a severely depressed work force, juvenile delinquency and adult criminals.

Is this the future we want for our children and grandchildren? I think not.

If boards of education are elected by the so-called community of parents, why can't they talk to those same parents about their responsibility to make sure schools educate the young as well as provide jobs, prestige and power for those entrusted with teaching our children to be productive men and women.

Governor Whitman and Commissioner Leo Klagholz should not be intimidated by charges of "playing politics" in the takeover of another inner city school district with a predominantly black and Hispanic population. Neither should the courts recommend spending taxpayers dollars in districts top heavy with inept administrators and faculty who don't give us a bang for our bucks.

From the African American community. Depending on whether or not Jesse has aggravated them, they try to either down play these so-called results or use them in a negative manner against him as they focus their attacks on different black leaders who are viewed as being more militant or threatening.

Our community needs to reject these efforts to control and manipulate us. Since when have the *Washington Post*, *New York Times*, *The USA Today*, etc. ever united in our interest? Why are they united in their efforts to control our agenda, but don't want to see different forces in the black community come together in unity so that we might help ourselves to resolve the different problems faced?

We should be wary of this phony concern expressed by commentators, writers, anchors etc., who have never even stepped foot into the black community. Our best interests will be served by thinking more critically and analyzing the issues and understanding the priorities for ourselves.

Blacks and the justice system

(Continued from page 1)

Barry charged racism when he was convicted in 1991 for cocaine possession after being caught smoking crack in a hotel room with a woman working for the police. He and the city's black media, accused the police and prosecutors of "setting him up" after years of unsuccessful pursuit. Reynolds' predecessor in Congress, Gus Savage, experienced the wrath of congressional ethics, and the media, for charges brought against him by a female Peace Corps member who alleged that he had made unwelcome sexual advances. Over the past few years charges have been made against black congress members ranging from former Philadelphia representative and current Haiti envoy, William Gray. Memphis representative Harold Ford and Harlem's Floyd Flake. Miami-based religious leader, Yahweh Ben Yahweh, is in jail after

being charged with scores of murders, arson, racketeering and numerous other crimes. After being arrested and held without trial for close to two years, Yahweh Ben Yahweh, was convicted for conspiracy to commit racketeering offenses that the jury was unable to piece ever happened. No connection has been made on any Yahweh member for a crime of murder or arson.

Recent studies indicate that black elected officials, whose numbers have grown from only 300 all levels nationwide in 1965—when the Voting Rights Act was passed—to about 8,000 today, are more closely scrutinized for wrongdoing than whites. A 1992 article in the *American Bar Association Journal* noted that half of the then 24 members of the Congressional Black Caucus reported being targeted for

investigation or "subjected to harassment" by federal investigators. A 1990 study cited in the article found that 14 percent of the public corruption cases in the previous five years involved black officials, who made up only two percent of the country's elected officials.

Even more striking, the study showed that in southern states, where only three percent of elected officials are black, 40 percent of the public corruption cases were against African-American politicians. During that period, black Detroit Congressman Charles Diggs was charged and convicted for financial wrongdoing, and another Congressman Alcee Hastings (D-Miami) was charged for crimes when he was a federal judge and stripped of that office without ever being convicted. Given that political climate, the Joint Center's Bositis says, "It is an easy, popular and effective response for black politicians to say,

"It's racist," whether it's true or not. How do you know whether it's true or no? You don't. You only know by looking at the particular context."

Representative Reynolds is not the only African American currently in Congress and in trouble with the law. Former Compton, California Mayor Walter Tucker, also in his first House term, is charged with extortion and filing false tax returns. He is alleged to have received \$30,000 in 1992 in bribes from a company which sought to build and operate an incinerator in that city. Many blacks are watching the cases of Reynolds and Tucker. They are among five sitting members of Congress facing criminal charges. Presently, there are only 41 blacks among the 535 members of Congress. That disparity may renew claims by black politicians and civil rights leaders that white prosecutors are selectively investigating African Americans.

CITY NEWS



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City News is published weekly by City News Publishing Company
P.O. Box 1774, 144 North Avenue, Plainfield, N.J. 07061, Telephone (908) 754-3400 FAX (908) 753-1036. The publisher reserves the right to delete objectionable words or phrases and to reject any advertising. This publication, in whole or parts thereof, may not be reproduced in any form whatsoever without the expressed written permission of the Publisher. City News assumes no responsibility for unsolicited manuscripts, art or photographs. No material submitted can be returned without a stamped, self-addressed envelope.
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The Odyssey of O.J. Simpson

(Continued from page 1)

act human. But, let's be clear. This repeat of L.A. history will never, never repeat itself in the same way. They will never allow another O.J. Simpson type of "Hero."

How did it happen? How did the cops get caught that far off guard? Well, again, we must look at Rodney King's case. The Los Angeles police department is trying to move away from its image of being hard-nosed goons with guns. There was no way that they were going to provoke a shoot-out with O.J. in full view of the media. Even though I would say that some of the cops viewed that as a viable solution. Even now, many critics claim that the police department has become too liberal, too soft. For some reason, the critics on the left and on the right don't seem to believe that the L.A.P.D. can find the "Center."

But, the mass media, they were the real villains in this mini-series. I was dumb-founded as to how the

media had laid the ground work for the thousands of on-lookers who parked along the freeways to watch the entire procession. The media, by reporting the chase, caused the freeway on-lookers, those who drove along side in their cars, the people who ran from their homes with signs of support and waved them as they stood on the overpasses that spanned the freeways. And what did the mass media do after they created this mass hysteria, they attacked the on-lookers as being "Out of touch with the reality," because they were screaming "Go, juice, go." What kind of response did they expect in such a bizarre, Hollywood style setting. At least they were doing what they did because it was profitable, but the media, what was their underlying motive, ratings, fame, commercial time, or to try and provoke the situation into an explosive, bloody ending for the lead story on the evening news?

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KidsKalendar

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NEW YORK—The Wonder Theater's "Children love to perform and under the supervision of our art educators, they produce and perform these staged vignettes for family and friends. For more info, call 212-274-0986.

OPENING SEPTEMBER 8

NEW YORK—An Exhibit Spirit of the Children: Art from the Mexican Rain Forest will be on display. The exhibit features artworks created by Leandora Maya children. For more information call 212-274-0986.

SEPTEMBER 17

NEWARK—Colonade Inner-City Youth will hold their 5th Annual Community City Picnic Extravaganza from 10 a.m. to 8 p.m. A back to school fashion show will be featured. Vendors are welcome. For more info, contact James E. Games 201-485-5610.

OCTOBER 1-2

NEW YORK—The Children's Museum of the Arts will have a "Still Life Painting" program for children 5-10.11 on Oct. 1 p.m. Children can create their own still life paintings using colorful tempera paint. For more info, call 212-274-0986.

SATURDAY, OCTOBER 1

NORTH BRANCH—The Theatreworks! Theatre Company is presenting "The Three Bears at the Edward Nash Theatre at Bear Mountain Valley Community College. Performances begin at 1 p.m., 3:30 p.m. and 6 p.m. For more information call 805-795-3420.

Send Kids Kalendar events to:
City News,
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Local architecture students' work featured at the Newark Museum

NEWARK—Six NJIT (New Jersey Institute of Technology) architecture students will share their visions of the City of Newark in the 21st century at the special exhibition "Newark Tomorrow: Six Projects from the School of Architecture, New Jersey Institute of Technology," in the Community Gallery at the Newark Museum of Art, now through October 2, 1994.

The display features architectural models and drawings of building proposals designed to preserve, rebuild and reinvent the city of Newark that were created by students in NJIT design studio courses over the past two years.

"The students have been using Newark, a prototypical East Coast city, as a design laboratory. Selecting from a range of sites within the city and a variety of building types, they have made proposals for a Newark that could be a hopeful vision of a Newark of Tomorrow," said Craig Konyk, first year design studio coordinator and special lecturer at NJIT's School of Architecture.

In conjunction with the exhibition, a students' gallery talk and reception will be held Thursday, September 8, from 3-5 p.m., and the symposium "Newark and the Renewal of American Urbanism," will take place Thursday, September 29, 6-9 p.m. in the Museum's Billy Johnson Auditorium. The symposium focuses on the past, present and future of East Coast American cities, Newark in particular. NJIT architecture professor Tony Schuman will be the moderator and the panelists include architect and urban theorist Michael Stanton; photographer and author of "The New American Ghetto," Camilo Jose Vergara; and Newark City Planning Commission member Maxine Griffin.

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YOUTH/EDUCATION/SUCCESS

Willy T. Ribbs encourages students to stay in school

DETROIT, MI—Champion Indy Car driver Willy T. Ribbs, who won more races than any other Trans-Am driver from 1984 through 1986, lives much of his life in the fast lane. But when he talks to young people, he cautions them against "the other fast lane—the disastrous and fatal cycle of drugs, crime and gang membership."

The 38-year-old championship race car driver, who is the first African American to qualify for and compete in the Indianapolis 500 recently conducted a series of "motivational dialogues" with students at several junior high schools in Detroit.

"I tell young people to start looking for their direction early in life," said Ribbs. "Unfortunately, the direction that a lot of kids are going in will take them right off the side of a cliff. Young people must follow their dreams, and learn to use the educational system to their advantage. That means staying in school and learning as much as you can every single day."

Ribbs began following his dream at an early age. "I wanted to race from the time I fell out of the crib," he joked recently. "My father raced cars as a hobby, so you could say racing runs in my blood. I started out with go-carts and moved on from there."



Champion Indy Car driver Willy T. Ribbs.

He counts himself lucky that his family supported him in his early years on the racing circuit.

One reason more blacks don't pursue racing is economic, and Ribbs, who cites the expense of cars and equipment, and the difficulty of finding sponsors, as a disincentive to would-be black racers. Nevertheless, he reports a growing interest in race car driving among young blacks.

Newark teens capture nearly 20 gold medals at U.S. Youth Games

NEWARK—Mayor Sharpe James feted the Newark delegation of youngsters (ages 9-15) who recently competed in the U.S. Youth Games for their strong finish in the week-long event. Along with three-time gold medalist Aleah Williams, the outstanding young athletes won a total of 19 gold medals during the Olympic-style competition held in Columbia, South Carolina.

Williams took the 100-meter dash title of the 12-13 girls' age bracket with a meet record 11.8 seconds and the 200-meter dash in 24.5. She also anchored the 4x100-meter relay and teamed with Michelle DeFreese, Mia Camp and Sherry White to post a winning time of 50.6.

Mayor Sharpe James, stated, "I am proud to congratulate the city delegation on its strong showing at the U.S. Youth Games and for being great role models for other youth to follow."

"The Youth Games competition is a great way for our youngsters to learn about mental and physical discipline, hard work, comradery and sportsmanship," he said. "I have attended past events, and I saw firsthand that children had the chance to meet other youth from other cities around the country, to travel, compete and represent the Newark community with pride and distinction."

Harold Wright and Miriam Santiago, special events coordinators, said the Youth Games also offered an "Academic Bowl" com-

petition this year with Newark finishing in second place. The 78-member squad competed against 18 cities from across the country in bowling, track and field, co-ed basketball, swimming, volleyball and tennis.

Roslyn Lightfoot, manager, said, "The youngsters truly loved it. They really did well this year, but winning is not what the whole experience is about."

She added, "While at the Youth Games, the youngsters have a chance to enjoy themselves, mature on an inter-personal level and to grow mentally, socially, emotionally and athletically."

Union County College upgrades WCPE



CRANFORD—John Fallon of Elizabeth, standing, promotions director of WCPE, Union County College's in-house radio station, explains the use of some of the station's sophisticated equipment with fellow students Joseph Crisci of Kenilworth and Evonne Jefferson of Vauxhall.

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<p>99¢ plus tax</p> <p>Egg McMuffin® Sandwich or any Breakfast Sandwich with Egg</p> <p>WEEK ONE</p> <p>Breakfast sandwiches include Egg McMuffin®, Sausage McMuffin® with Egg, Bacon, Egg & Cheese Biscuit, Sausage Biscuit with Egg.</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 4 thru Sun., Sept. 11, 1994.</p> <p>© 1994 McDonald's Corporation</p>	<p>99¢ plus tax</p> <p>Egg McMuffin® Sandwich or any Breakfast Sandwich with Egg</p> <p>WEEK TWO</p> <p>Breakfast sandwiches include Egg McMuffin®, Sausage McMuffin® with Egg, Bacon, Egg & Cheese Biscuit, Sausage Biscuit with Egg.</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 12 thru Sun., Sept. 18, 1994.</p> <p>© 1994 McDonald's Corporation</p>	<p>99¢ plus tax</p> <p>Egg McMuffin® Sandwich or any Breakfast Sandwich with Egg</p> <p>WEEK THREE</p> <p>Breakfast sandwiches include Egg McMuffin®, Sausage McMuffin® with Egg, Bacon, Egg & Cheese Biscuit, Sausage Biscuit with Egg.</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 19 thru Sun., Sept. 25, 1994.</p> <p>© 1994 McDonald's Corporation</p>
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<p>99¢ plus tax</p> <p>Big Mac®, Quarter Pounder® with Cheese or McChicken® Sandwich</p> <p>WEEK ONE</p> <p>\$1.49 IN MANHATTAN</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 4 thru Sun., Sept. 11, 1994.</p> <p>© 1994 McDonald's Corporation</p>	<p>99¢ plus tax</p> <p>Big Mac®, Quarter Pounder® with Cheese or McChicken® Sandwich</p> <p>WEEK TWO</p> <p>\$1.49 IN MANHATTAN</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 12 thru Sun., Sept. 18, 1994.</p> <p>© 1994 McDonald's Corporation</p>	<p>99¢ plus tax</p> <p>Big Mac®, Quarter Pounder® with Cheese or McChicken® Sandwich</p> <p>WEEK THREE</p> <p>\$1.49 IN MANHATTAN</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 19 thru Sun., Sept. 25, 1994.</p> <p>© 1994 McDonald's Corporation</p>
<p>\$2.99 plus tax</p> <p>Big Mac®, Quarter Pounder® with Cheese or McChicken® Extra Value Meal®</p> <p>WEEK ONE</p> <p>\$2.49 IN MANHATTAN</p> <p>Extra Value Meals include Big Mac®, Quarter Pounder® with Cheese or McChicken® Sandwich with Cheese or McChicken® Sandwich.</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 4 thru Sun., Sept. 11, 1994.</p> <p>© 1994 McDonald's Corporation</p>	<p>\$2.99 plus tax</p> <p>Big Mac®, Quarter Pounder® with Cheese or McChicken® Extra Value Meal®</p> <p>WEEK TWO</p> <p>\$2.49 IN MANHATTAN</p> <p>Extra Value Meals include Big Mac®, Quarter Pounder® with Cheese or McChicken® Sandwich with Cheese or McChicken® Sandwich.</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 12 thru Sun., Sept. 18, 1994.</p> <p>© 1994 McDonald's Corporation</p>	<p>\$2.99 plus tax</p> <p>Big Mac®, Quarter Pounder® with Cheese or McChicken® Extra Value Meal®</p> <p>WEEK THREE</p> <p>\$2.49 IN MANHATTAN</p> <p>Extra Value Meals include Big Mac®, Quarter Pounder® with Cheese or McChicken® Sandwich with Cheese or McChicken® Sandwich.</p> <p>Other great participating McDonald's® in Metro NJ: Northern & Central NJ, Fairfield County, CT and Passaic County, PA. Current prices and participation based on independent McDonald's® franchisee prices. Cash value \$100.00. Limit one coupon redeemable per person per visit. Not good in conjunction with any other offer.</p> <p>Offer valid Mon., Sept. 19 thru Sun., Sept. 25, 1994.</p> <p>© 1994 McDonald's Corporation</p>

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- SELENA and the BARRIO BOYZ



Limit one per customer visit. While supplies last. Current prices and participation based on individual corporate decision. Ask for details.

ARTZ WEDNESDAY

Billboard

THURSDAY SEPTEMBER 8

WAYNE—William Paterson College's 1994-95 Midway Artists Series features a jazz performance by Horace Arnold Trio at the WPC's Shea Center for performing Arts at 12:30 p.m.

FRIDAY, SEPTEMBER 9

NEWARK—Sankofa, the popular film by Ethiopian independent filmmaker Haile Gerima which explores the experience of slavery and rebellion from an African perspective, opens at Lowe's Newark Metropolitan Theatre on Springfield Ave. For more info, call 201 642-5555.

SEPTEMBER 9-30

PISCATAWAY—The Circle Player present "It's a Scream!" at 8:30 p.m. at the Circle Playhouse. For more information and schedule call 908-968-7555.

SUNDAY, SEPTEMBER 11

NEW YORK—The Roger Furman Theatre and Barbara Smith present the Voice of Grief, a 1994 play reading series, a musical biography of Madame C.J. Walker at the B. Smith's Rooftop Cafe at 50 p.m. For tickets call 212-926-0104 and for dinner reservations 212-247-2222.

Send Billboard events to
City News
144 North Ave.
Plainfield, NJ 07060

African American photographic exhibitions at the Schomburg Center

NEW YORK—South Africa/Black America: Shared Victories/Common Struggles, a series of photographic exhibitions and public programs to celebrate and reflect on the meaning of the first truly democratic elections in 20th century South African History, is currently being presented by the Schomburg Center for Research in Black Culture, The New York Public Library through September 11 at the Schomburg Center located at 515 Malcolm X Boulevard (at 135th Street) in Manhattan, free of charge.

A photographic essay "South Africa: The Cordoned Heart" can be viewed, including 80 photographs by a group of 20 South African photographers which powerfully documents the lives behind the battles against apartheid in South Africa, as well as the economic and social challenges facing the new South Africa. The exhibit closes September 11, 1994.

Exhibition Hours are: Monday, Tuesday and Wednesday 12 Noon to 8 P.M. Thursday, Friday and Saturday 10 A.M. to 6 P.M., and Sunday 1:00 P.M. to 5:00 P.M. Group Tours



BMW workers on Strike, Pretoria 1984: Photographer Paul Weinberg

are available by appointment only. For tour reservations call (212) 491-2265. The purpose of the exhibitions and public program series is to foster understanding of the struggle for majority rule in South Africa; to explore the relationships between the

African American and South African struggles for freedom and human dignity; and to explore the relationship between voting and political empowerment and the struggle for social change in South Africa and black America.

A Mother Cried For Her Children

NEWARK—A Mother Cried For Her Children is a play written and directed by the award-winning Mattie Moubrine Wilson opens Saturday, September 10th through Sunday, September 11th, 1994, at 3 p.m. and 8 p.m. at the Robert Treat Hotel, 50 Park Place, Newark, NJ across from Military Park.

This play delighted audiences in

the 1970's, and it is back for a return engagement. Even though it is more than fifteen years old, it is even more timely today with its vivid depiction of the destructive lifestyle so many of our youth fall victim to today.

Get your tickets early to reserve your seats. For more information call (201) 677-3140.

Robert Craig comes to Highland Park

HIGHLAND PARK—"Recent Works" Robert Craig's second one-man show of prints, will be on view at the B. Beamesderfer Gallery in Highland Park, New Jersey, September 25 through October 29, 1994. The artist will be in gallery September 25, 1:00-4:00 p.m. for the opening of the show.

This collection of Mr. Craig's prints focuses on man's physical and spiritual relationship with his environment. The artist draws inspiration from a broad range of cultural and mythic themes, literature, historical events, and personal experience. Largely, his work offers commentary on man's continuing negative impact on the earth, and selected images

reflect various native and aboriginal cultures.

Mr. Craig is a self-taught, accomplished printmaker and fine artist who has exhibited his work extensively. He is currently a member of the Printmaking Council of New Jersey and has shown his work in many of their affiliated exhibitions.

For information contact Evan Brownstein, B. Beamesderfer Gallery owner at 908-249-6971.



Perigee by Robert Craig, on display at Beamesderfer Gallery

Read
ARTZ WEDNESDAY
every week in
City News

Pathmark Items available at Pathmark Supermarkets with a Pharmacy Dept. and at Free Standing Drug Stores. Prices effective thru September 11, 1994. *Checkmark means a Yellow Tag Sale. \$3.59	Calgon Bath Oil Beads 15 oz. cont. \$3.59	Calgon Milk Bath 8 oz. cont. \$3.59	Neet Roll-On 4.4 oz. cont. \$6.49	Correctol Tablets 30 ct. \$4.89	Correctol Caplets 30 ct. \$4.89	Correctol Extra Gentle 30 ct. \$4.89
Bayer Enteric Adult Low Strength 120 ct. \$7.49	Campho-Phenique Liquid 1.5 oz. cont. \$7.19	Campho-Phenique Gel 0.23 oz. cont. \$4.79	Listerine 18 Oz. Btl. \$4.39	L'Oreal Avantage Hair Color Ascribes shades 1 Kit \$3.19	Lubriderm Lotion 16 oz. pump \$9.99	Caladryl Lotion 6 oz. cont. \$6.69
Benadryl Maximum Strength Cream 0.5 oz. cont. \$4.79	Benadryl Maximum Strength Spray 2 oz. cont. \$6.69	Benadryl Allergy Sinus Headache 24 ct. \$5.99	Benadryl Itch Relief Stick 1 ct. \$2.99	Benadryl Children's Formula Cream 0.5 oz. cont. \$4.49	Benadryl Children's Spray 2 oz. cont. \$5.99	Caladryl Cream For Kids 1.5 oz. cont. \$4.29
Stridex Bar 3.5 oz. \$2.89	Stridex Clear Gel 1 oz. cont. \$6.59	Stridex Pads Maximum Strength 32 ct. \$4.49	Stridex Pads Super Scrub 55 ct. \$4.49	Stridex Pads Regular or Maximum Strength 55 ct. \$3.89	Stridex Pads Sensitive Skin 55 ct. \$4.49	Revlon Frost & Glow 1 Kit \$10.99
Crayola Markers Classic or Bold, Broad or Thin 8 ct. \$3.99	Crayola Colored Pencils 24 ct. \$5.99	Crayola Electric Pencils 6 ct. \$2.39	Crayola Art & Craft Brushes 3 ct. \$2.59	Crayola Bold Sidewalk Chalk 3 ct. 99¢	Crayola Chalk Colors or White 12 ct. 99¢	Crayola Claytime Clay 12 oz. \$3.39
Crayola Crayon Sharpener 1 ct. \$1.99	Crayola Poster Paint Set 5 ct. \$3.39	Crayola Scissors 1 ct. \$2.59	Crayola Sidewalk Chalk 3 ct. \$1.19	Crayola Sidewalk Chalk Fluorescent 3 ct. \$1.39	Crayola So Big Paint Brushes 1 ct. \$2.59	Crayola Stamp Pad 1 ct. \$3.59
Crayola Washable Finger Paint 3 ct. \$6.29	Crayola Washable Glitter Glue 5 ct. \$3.59	Silly Putty Original 2 ct. \$1.69	Exact Acne Medication 0.85 oz. cont. \$4.69	Exact Medicated Cleanser 4 oz. cont. \$6.99	Donnagel Liquid 4 oz. btl. \$3.79	Titalac Antacid Tablets 100 ct. \$6.79

ALL God's Children®

Introducing...

URIEL



SPECIAL EVENT

Uriel, the All God's Children 1994 Special Event figurine is available at our store only during this event. This is the first time that artist Martha Holcombe has sculpted a figurine exclusively for collector events. Don't miss out on the opportunity to have this adorable angel become an important part of your collection!

Sunday

September 11, 1994
2:00 p.m. to 5:00 p.m.

The Hair & Nail Nook
1910 Park Ave.
South Plainfield, NJ
(908) 561-9692

Billboard

SUNDAY, SEPTEMBER 11

WESTBURY—A Blues Music Festival will be at 6 p.m. at Westbury Music Fair featuring B.B. King and Little Feat. For more info, call 516-334-0800.

SEPT. 14 - OCT. 15

NEW YORK—"Immortal Rust," a sculptural exhibit by artist Yukio Kikuchi, will be on display at the Pulchrum Gallery in SoHo, New York City. For more information call 212-966-0548.

SEPT. 14 - THRU NOV. 21

HAMPTON—Norman Barash & Carroll Moore's comedy "Send Me No Flowers" will open at the Huntington Hills Playhouse Dinner Theatre. For more info, call 1-800-HH-7131.

SATURDAY, SEPTEMBER 17

HOBOKEN—LA DI DA, a open stage free-form gathering of local artists, will be along the Hudson River at Sinatra Drive and 5th St. from 1:00 p.m. to sunset. For more info, contact Neal at 201-656-3103 or LA DI DA, P.O. Box 1092, Orange, NJ 07050.

PLAINFIELD—The Central Jersey Chamber of Commerce will have the 31st Annual "Festival of Art" at Liberty Park in historic Van Wyck Brooks District from 10 a.m. to 5 p.m. Artists wanting to exhibit must pre-register. For more information contact the Chamber at 908-754-7255.

SEPTEMBER 21, 22, 27, 28

LINCROFT—Pegasus Production Company of Christian Brothers Academy is holding auditions for its fall drama "Dracula" and its spring musical "Joseph and Amazing Technicolor Dreamcoat." Auditions are open to all female high school students and CBA students. For more information call 908-756-1118.

SATURDAY SEPTEMBER 24

WHITE HOUSE—The Westfield Symphony Orchestra and Merck & Company will sponsor a fund raiser at the Merck World Headquarters at 8 p.m.

SATURDAY OCTOBER 8

UNION—The New Jersey Ballet opens its season in the Wilkes Theatre Series at Keen College. For more info, call 908-527-3337.

Send Billboard events to
City News
144 North Ave.
Plainfield, NJ 07060

THE SCOOP

by Janice Malone

GET READY FOR KELLY: Look for the hot & heavy R. Kelly to be headlining his own tour, which should start late next month or in early September. Kelly recently completed the new video for "Summer Bunnies" last week. The vid/flix was shot in Chi-town and Kelly's protégé Aaliyah is said to also make an appearance in the video. Look for it on your favorite video channel soon. And look for a major interview with Mr. Kelly right here in The Scoop very soon. By the way, R. Kelly's album "12 Play" has now reached the triple platinum status. His "Bump N' Grind" single became the longest-running No. 1 single (13 weeks), or Billboard's R&B singles chart since 1958, surpassing Whitney Houston's record for "I Will Always Love You." With stats like that, R. Kelly has definitely become the new king of R&B music.

HEWITT CAN'T DOIT: That is, fill up those large concert halls like he used to. One of our Scoop sources report that Howard Hewitt was performing in Atlanta recently at a rather small and modest night club. He's also made some recent appearances singing on The Trinity Broadcasting Network.

WHAT'S OLD IS NEWS: Guess who's in the recording studio? It's Confunkshun and The Stylistics! Both groups are working hard on new albums with hit making producer Felton Pilot, who's commandeered for such luminaries as Hammer and Quincy Jones. And to further speak of new projects, Dreamgirls star Jennifer Holliday is now with the Atlanta-based music company Intersound. The company is also the new home for the Mighty Clouds of Joy, Edwin Hawkins, Vickie Winans and others.

A SMALLER SPIKE? Spike Lee's next effort, "The Drop Squad", will be dropping in a theater near you in about 30 days, in some areas. It's interesting to note that the new film doesn't feature any big name stars. Shot on a modest budget, the movie was done shortly before he starred "Crooklyn." Let's hope "The Drop Squad" drops more dollars in the box office than his previous film, which could easily be called "brooklyn," considering the box office receipts it didn't make.

DIVA DOLLARS! A top Japanese concert promoter recently asked diva lady Whitney Houston to perform a 45 minute concert as the headline act in Japan. Ms. Houston reportedly demanded a whopping \$17 million for the less than one hour show. The promoter very politely just said no!

WIDE RECEIVER/WIDE EGO: A young lady in Atlanta had a rather strange encounter with Atlanta Falcon star wide receiver Andre Rison. The young lady reports that she entered the elevator at one of the Atlanta area Marriott hotels. Rison and another Falcon player were already in the elevator. The lady says she pressed the button for the floor she wanted and suddenly, out of no where, Rison looks at her and says, "Do you realize who you're riding this elevator with?" Yet another example of celebrity who also needs to "Leggo his ego." And can anybody figure out the strange love/hate relationship Rison has with TLC member Lisa Lopes? You know she's this thing about matches, burning boyfriends, houses, cars and such.

ZEUS DE DEUCE? Remember the huge bald-headed brother who played as the "Zeus" villainous character against Hulk Hogan on the World Wrestling Federation? The actor's real name is Tiny Lister and he's since done other films, one with Van Damme and also with Ice Cube in "The 400 Blows." Well some of our sources spotted Mr. Lister down in Atlanta recently. Two ladies swear the actor ran the exact same line, on the exact same day but on 2 different women. These young ladies both know each other and according to them the former Zeus reportedly promised lady number one that if she were his girl, how faithful he would be, and that he'd never leave her. But then later that day he ran the exact same routine on girl number two! Both women say they got a big laugh from the whole episode.

DIG WITH THE SCOOP NEXT WEEK!

The Scoop is presented by: The National Alliance of Postal Federal Employees 1628 11th St. NW, Washington, D.C. 20001 202.939.4325.



WHO'S MAKING NEWS? NJN, "The New Jersey Channel"

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A revolutionary warning



NEW YORK—Actor Brian Mitchell, right, best known for his role as an affable intern in the television series, "Trapper John, M.D.," threatens his colimate, actor Jeff Hyslop, recently in a scene from the award-winning Broadway play, "Kiss of the Spider Woman." Mitchell believes that he, as a performer, should seek out a variety of roles in order both to broaden his own experiences and to better reflect conditions in the real world. Before joining the "Spider Woman" cast, Mitchell replaced Gregory Hines in another Broadway play, "Jelly's Last Jam," where he portrayed the composer, Jelly Roll Morton.

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For advertisements in the program,
Call Rodi Ruppel at (908) 424-8880

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1000 Northfield Avenue



Religious calendar

SATURDAY, SEPTEMBER 10

NEWARK—Interfaith Expo '94 is coming to Newark at the Robert Treat Hotel. The expo will feature 100 vendors for shopping, food, jazz and gospel music and a gospel musical play "A Mother Cried For Her Children." For more info call 201-599-5270 or 1-800-324-8921.

SUNDAY, SEPTEMBER 11

PLAINFIELD—There will be a Big Gospel Program presented by F & L Productions at the U.F. Community Center Complex. The program will feature Willie Johnson and the New Keynotes, the Gospel Chariots, Willie Lockhart, the Fountain of Youth Choir and Evangelist Minnie Johnson. Doors open at 4 p.m., show begins at 5 p.m. Tickets are on sale at Big Bear Records 908-757-0200, Doro City 908-757-0222, and Steve's Sound World 908-754-5135.

SATURDAY, SEPTEMBER 24

JERSEY CITY—Den Recording Co. is sponsoring the State of New Jersey tri-Quartet Gospel Fest at Place St Michael A.M.E. Church, 27 Virginia Ave. Doors open at 7 p.m., showtime is 8 p.m. For more information call 201-434-1618.

METUCHEN—The Second Baptist Church's music department will hold a gospel music workshop from noon to 3 p.m. The workshop's theme is "We Are One!" and will be led by Minister Leland. All choir and singers are welcome to participate. For more info, contact James Wade at 908-549-0447.

Send Religious events to City News

144 North Ave., Plainfield, NJ 07060

DID YOU KNOW?

By Robert N. Taylor

DID YOU KNOW... that if you are a smoker, it may be a good idea to eat plenty of fish. A new study has found that smokers who eat fish on a regular basis are 45 percent less likely to develop lung disease than smokers who do not regularly consume fish.

DID YOU KNOW... that nationwide more American households have televisions than telephones. An estimated 98 percent of American homes have televisions while 95 percent have telephones.

DID YOU KNOW... that leading financial experts generally agree that among the insurances you should never buy are "extended warranty" protections on anything from a television to a VCR and not even on a car. Sales persons only push such protections because they receive big commissions on them. Extended warranties are seldom needed and rarely used.

DID YOU KNOW... that mothers are more likely to abuse and neglect their children than fathers. According to figures released by the National Center on Child Abuse Prevention Research, the adult causing the death of a child was the mother in 50 percent of all cases. It was the father in 23 percent of cases and the boyfriend of the mother in 10 percent of cases.

DID YOU KNOW... that if you are looking for ways to enhance your income, event sponsorship may be an avenue you want to take. There is a national trend of people sponsoring events to generate additional income. Events range from parties and card game tournaments to financial seminars and group shopping trips. It is possible with a well publicized event to increase monthly income from \$500 to \$5,000. For a guide on how to sponsor successful events, see Making Big Money Sponsoring Events. It is available (\$7.95) from the Better Life Club, P.O. Box 28422, Washington, D.C., 20038.

DID YOU KNOW... that a British study reported last week that couples are inclined to sharing bed sleep better when they sleep alone. Another finding: men toss and turn more than women and older couples are less affected by each other's movements than younger couples. The study was published last week in "Sleep" - the journal of the American Sleep Disorders Association.

DID YOU KNOW... that this week's favorite quote comes from Balzac's "The Art of Worldly Wisdom": "Make use of your enemies. A wise person gets more use from his enemies than a fool from his friends."

DID YOU KNOW... that more heart attacks occur on Monday morning between 7 am and 10 am than at any other time. Experts believe the increase is a result of stress associated with going back to work.

Bethany Baptist Church sponsors a Walk-a-thon

NEWARK—Bethany Baptist Church Building Fund Committee will sponsor a Walk-A-Thon "Walking For The Future" on September 17, from 8:00 a.m. until 2:00 p.m. The walk will begin at Bethany Baptist Church, 275 West Market Street and continue into Branch Brook Park and return to Bethany. Sponsors are needed for the walkers and all donations are accepted.

Lyons-Cureton join forces to seek leadership of NBC USA Inc.

SOUTH CAROLINA—Dr. Stewart C. Cureton, pastor of the Reddy-Rey Missionary Baptist Church, Mauldin, South Carolina, has withdrawn as a candidate for the office of president of the National Baptist Convention (N.B.C.) USA Inc. He is casting his support for Dr. Henry J. Lyons of Florida for the presidency position and will run for the office of Vice President at Large of the Convention as a partner with Dr. Lyons. Dr. Cureton said, "Dr. Lyons and I share a similar theology, philosophy of leadership and vision for the N.B.C. USA Inc. Dr. Lyons and I are long time workers in the Convention. Dr. Lyons is a visionary leader, with a proven track record of accomplishments as a leader of Baptists in Florida and across the nation. He loves the Lord and people. I believe that the similarity of our records of accomplishments as Baptist State Convention Presidents is indicative of the fact that we share a common vision for our people and for our national convention."

Dr. Lyons is president of the Florida

General Baptist Convention. He has led the convention to construct a Family Life Retreat Center on 160 acres of land in rural northeast Florida. His leadership has brought about housing facilities for low-income families. He has instituted programs to deal with the problems of family breakup, drug addiction, and other problems facing African-American youth.

As president of the Florida General Convention, Dr. Lyons has led the convention in servicing its member churches. He has led the Convention to employ a full-time staff, including an Administrative Specialist, mission and education resource persons and field representatives. He has restructured the Convention to insure strict financial accountability and has strengthened the financial position of the Convention so that it now guarantees loans for local churches. His convention has a program that makes disability and retirement insurance available to pastors and members of convention churches.

For information call 813-327-0554.

McCutcheon named Coca-Cola scholar athlete of the year



Dadario McCutcheon (center) a senior electrical engineering major, and starting football flanker at Tuskegee University, proudly displays the plaque naming him the "Coca-Cola Scholar Athlete of the Year." Presenting the award are (right) Ron Coleman, media relations manager of the Coca-Cola Company, and Bret Moore, Publisher, Sports View Magazine. McCutcheon earned the coveted award by scoring a 3.7 grade point average and for consistent outstanding accomplishments in both academic and athletic competition. McCutcheon was chosen for the award out of 23 members of the Coca-Cola All Academic Team which is comprised of football players from Historically Black Colleges and Universities who have achieved a 3.0 and above grade point average. This marks the second consecutive year that McCutcheon, a native of Hollywood, Florida has made the "Coca-Cola All Academic Team." The "Coca-Cola All Academic Team" and "Scholar Athlete of the Year" was featured in the August 22 issue of Sports View Magazine's '94 Black College Football Preview.

Emergency services available for crime victims

NEWARK—Victims of crime who are unable to meet financial obligations because of their mishap should contact Newark Emergency Services for Families, Inc.

The agency's program manager, Emmanuel Nwotie, says monies are available through Victim of Crime Assistance (VOCA) funding and are specifically designated for crime victims.

"These funds can help people

with the ordinary services we provide such as food, clothing, shelter, rental assistance, public utilities, prescriptions, transportation, HIV/AIDS resources, information and referrals," he said.

According to Nwotie, crime victims should call the agency's 24 hour hot line at 1-800-696-7063 to learn which documents they should bring to the office to qualify for assistance (such as a

police report from the incident).

Since its establishment in 1977, Newark Emergency Services For Families has prevented thousands of emergencies from becoming tragedies in the Greater Newark area through its emergency assistance services. In February, the agency was awarded a federal grant from the Department of Housing and Urban Development (HUD) worth nearly \$1 million dollars to expand their current services.

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Reprinted from the Interpreter
Father Leroy A. Lyons

As a youngster in primary school, it was our custom to visit other villages and engage them in sports activities. Some villages had a tradition of presenting themselves as formidable rivals and the contest was usually fierce. Often times it was like a catch 22. If you won, they got mad and would throw stones at you as you left the village, but then again, they would do the same thing if you lost, just for the fun of it.

Spying on another team was also a part of the strategy. One year, our cricket team was good and we were fairly confident. We were about to play another team from Les Coteaux who we knew also fielded a very good team. Some of our players knew boys from their team but never saw them play. What they did was to underestimate their ability to us and so we arrived for the match very cocky and conceited. In fact, we would travel as many as seven miles on foot to these games and would sing victory songs and do jingles, much like rap

is today. So confident we were, we started celebrating before this match.

To make a long story short, they had a couple of fast bowlers who were like lightning and they bowled us out for eleven runs, a total which took less than five minutes to defeat. If you do not have an idea (this is not like a baseball score), it was more that a rout, it was a total disgrace. To add insult to injuries, they stomped the daylight out of us as we hurriedly departed. Our defeat was rendered more painful by our conceit, more disastrous by our inadequate assessment of our opponents.

I never forget this incident. I was less than ten years old and the lesson was never wasted on me. The memory comes back to me every time I hear discussions on the plight of urban people and the life of Blacks in America. It touches me because this cricket incident of my childhood reinforces the truth that we underestimate the strength of the enemy. The ENEMY is manifold and I am sure it is very much a part of us, meaning the victims themselves. I often wonder how many people understand or even appreciate the task, the demand, that

defeating the enemy will entail. As I see it, it is a painfully difficult struggle and will demand a great deal of personal sacrifice on our part.

To those who have children, we know that if we are to help them get a foothold and be better equipped than we were to defeat the enemy, we are called upon to give an inordinate amount of ourselves. It is a sacrifice that brings tears and anguish to our eyes many a day. But if we underestimate the enemy as so many parents do today, we will be unprepared and unsuccessful. How many of us blindly leave the educating of our children to the school system? We do not have time. How many of us try short cut methods such as the use of money and material accoutrements in place of our own time and involvement? How many of us are willing to give up some status or privilege? We may talk about Black men becoming endangered but do we seriously contemplate and are we willing to commit what it takes to make a difference? It is not going to be quick and painless!

Father Leroy A. Lyons is pastor of St. Mark's Episcopal Church.

Crescent Avenue Presbyterian gets new interim minister

PLAINFIELD—The Rev. Charles Brackbill began his official duties as interim pastor at the Crescent Avenue Presbyterian Church, in Plainfield, on September 1. He took over from the Rev. William R. Harvey who has served the church for 12 years. Mr. Harvey retired after 40 years in the ministry. The Presbyterian policy is that an interim pastor is selected by the church and approved by the Presbytery to serve until a new minister is called and installed. The process usually takes about one year, but may be shorter or longer.

Mr. Brackbill has been working at Crescent Avenue for two and a half years on a part time basis, teaching and administering several programs. He was or-

ained to the Presbyterian ministry after graduation from Princeton Theological Seminary in 1948, and served seven years as pastor of the Madison Avenue Presbyterian Church in Elizabeth. In 1955 he began a career in religious broadcasting and organized the Department of Radio-Television for the Presbytery of New Jersey, the first such work in the country.

Later he held media positions for the national denomination, with responsibilities for management, long range planning, policy, and programming. He is credited with many innovations in his field, especially for the first use of spots for religious messages. He was recently named "pioneer in religious broadcast" by an international organization.

In 1973 he formed The American

Values Institute, a media consulting company to advise religious, secular and government clients. The company worked on scripts, broadcast standards and research. Mr. Brackbill was editor of a publication for NBC Corporate Communications for five years. He also wrote, directed and marketed media campaigns for various clients. He believes his experience in communications is useful because "if anything, the minister is a communicator." Mr. Brackbill does not lack for experience in the local church. He has served as a supply preacher, stated supply and parish visitor while pursuing his broadcasting career.

Crescent Avenue will maintain a full schedule of activities while a special committee searches for a new pastor.

Urban League begins 50th anniversary celebration

ELIZABETH—The beginning of the theme was: "Let us work not as colored people nor as white people for the narrow benefit of any group alone, but together, as American citizens, for the common good of our city, our common country."

The organization of the Urban League of Union County, Inc., resulted from the vision of a small group of individuals who recognized that the poverty conditions affecting the Black population of Elizabeth, Hillside, Linden, Roselle, and Roselle Park could, if not addressed, effect the entire County.

Spearheaded by Reverend Roland L. Luerich, six members of a committee on Negro Welfare campaigned to make \$7,500 to establish an Urban League in Elizabeth. On September 5, 1944, the Urban League of Union County opened its doors to serve the disadvantaged population of the county. The mission was to work to improve the social and economic status

of Negroes (African Americans) in the area and to attack racial prejudice and problems arising out of racial conflict.

In celebration of our 50 years of service a year long celebration began with an annual meeting and a round-up breakfast in May and is now followed by a birthday party and open house on Saturday, September 10. The "party" is from 11:00 a.m. to 6:00 p.m. We have planned a fun filled day with carnival games, cables from local agencies, food vendors, merchandise sales and more. The site of the affair will be in the parking lot of United Jersey Bank on the corner of Westfield and North Broad Street which is next door to the main office of the Urban League at 272 North Broad Street. Admission is free and open to the public. Free bats, noise makers and pencils are available for children. All are welcome!

For more information call 908-351-7200.

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The first Workshop will include a brief presentation, general discussion, and several smaller working groups that will discuss specific topics of concern to the participants. Topics to be discussed will include:

- Land Use
- Urban Design
- Open Space
- Traffic Circulation
- Pedestrian Circulation
- Other Issues raised by Workshop participants

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Bussiness calendar

EVERY 3RD TUESDAY

NEW YORK—The Black Public Relations Society of Greater New York will have general membership meetings at the Bursen-Marselles. For more info, call 212-614-4599.

EVERY 1ST FRIDAY

NEWARK—Business network, buffet and dance party. Every 1st Friday of the month at Sheraton Inn - Newark Airport 5:30 p.m.-1 p.m.

EVERY FRIDAY

PLAINFIELD—Consumer Credit Counseling Service of N.J., Inc. will provide counseling services at United National Bank's Community Education Center. For more information call 201-267-4324.

NEW YORK—The Food Marketing Institute will hold a news conference on supermarket industry issues at the entrance to the United Nations Secretariat Building from 9 a.m. to 12 noon. For more information call Edie Malecki, Dir., Media Relations 202-429-6226 or Sherril Rosenblatt, Mgr., Media Relations 202-429-4552.

WEDNESDAY, SEPTEMBER 7

NEWARK—The next meeting of the Washington Commons Development Corporation will be held at 540 Broad St., second floor conference room. For more info, call 201-430-8000.

THURSDAY, SEPTEMBER 8

NEWARK—The next meeting of the Center City Development Corporation will be held at the Newark Club at 8 a.m. For more info, call 201-430-8000.

Send Business calendar events to

City News
144 North Ave.
Plainfield NJ 07060

Lautenberg plays ball

NEWARK—"It was a fun filled day of barbecues, golf and pick-up basketball as Senator Lautenberg visited Weequahic Park in Newark. "And I don't know who enjoyed themselves more, the picknickers or the Senator," said Felton Middleton Jr., president of the Weequahic Park Association.

Middleton was referring to Senator Frank R. Lautenberg's visit to Newark to meet people and listen to their concerns about education, healthcare, crime and other crucial issues in the state of New Jersey.

The day began with the senator worshipping with the Heard AME congregation in Roselle, where Pastor Goyins warmly received the Senator with strong words of support and praise. The Senator addressed the congregation of approximately 230 people with his vision for youth:

"We need to give our young people the ammunition they need to succeed. We need to be role models for our children. When I created a mentoring program in urban centers, I wanted to connect kids with



Sen. Lautenberg in Weequahic Park

responsible adult role models and people, and the response was outstanding," stated the senator.

The senator then joined Councilwoman Mildred Crump of Newark in Weequahic Park where a celebration of Newark's revitalization was in full swing.

"I wanted the Senator to visit the park and see all the activities available to the community. Weequahic is a beautiful park and the residents enjoyed seeing the Senator, sleeves rolled up with a team game of Uno," said Councilwoman Crump.

Bradley withholds final judgement on bill

WASHINGTON, D.C.—Senator Bill Bradley (D-NJ) announced today that he will support the employer mandate proposal contained in Senator George Mitchell's health care reform bill.

Bradley contended that the proposal, which requires employers to pay for 50 percent of their employees health care costs, meets his standard of achieving universal coverage through shared responsibility.

Bradley has argued throughout the health care debate that everyone must contribute to health care reform

and has offered proposals which accomplish that goal.

"What I hear over and over from the people of New Jersey is that they want and need universal coverage," Bradley said. "They are right. Universal coverage tackles two problems at once - it ensures that people currently without coverage will get the health care they need, and it helps keep health care costs down for everyone by reducing the shifting of costs from the uninsured to the insured."

"This employer mandate proposal

meets the criteria I have established for shared responsibility," Bradley said. "It is equitable and will allow all working families to get the coverage they need."

Bradley also said that the Mitchell bill was moving in the right direction by eliminating pre-existing conditions, assuring portability, and allowing small businesses to bargain for insurance as purchasing units, but he reserved final judgment on the bill. Changes to the Mitchell proposal are likely on the Senate floor.

In particular, Senator Bradley ex-

pressed concern about the cost containment provision in Mitchell's bill. Bradley has led the fight in the Senate to control health care costs, but argued that the Mitchell plan would impose taxes on too many people.

"The people of New Jersey and the nation have made clear they want real health care reform," Bradley said. "I am optimistic that Congress can pass a good bill, and will work throughout the debate to make improvements so that we end up with legislation I can give my support to."

Income opportunities for motivated people

By Robert N. Taylor

Far too many people assume that they can only make "big money" if they own a business, can sing and dance or can play some sport really well. But there are many other opportunities in the American economy for people with a wide variety of other skills. The basic idea is to find a need or desire common to a large number of people and fill it by providing a product or a service.

This does not have to be a long, expensive process. There are a variety of things you can do from your home, renting a meeting room or simply doing some research and writing a paper.

Below are some hot money-making opportunities for people with the right abilities and skills:

#1 - Become A Motivational Speaker! There is a great demand for

people who speak well and with enough feeling to get other people motivated and taking action. Motivational genius Les Brown is getting from \$5,000 to \$25,000 per speaking engagement. With time and practice, do you think you can do what he does? It is not the world's most difficult job. You may start out earning only \$250 per speech. But you have got to promote yourself - advertise. Seek to get just one engagement, do well and then let the power of word-of-mouth help you. But do not be ashamed to promote yourself.

#2 - Time Management Consultant! One of the single greatest problems confronting Americans today is that the vast majority of us do not feel we have enough time to do the things which need to be done to stay on top about leisure and fun time. Can you research this topic and come up with some answers. There are plenty of books on the subject which most people have not had time to read. Why not become a time management expert. You can compile and sell a self-help manual, record an audio cassette or conduct time management seminars. There is a lot of money to be made in this field because so many people are so pressed for time that they will pay handsomely for solutions. Again, the keys are read books on the subject, discover solutions and sell what you have learned. Never forget to publicize. People must know you have the solutions.

#3 - Provide A Common Service! People like to have services done for them. And they are prepared to pay for such services. The areas to target for business purposes are tasks which people must do but prefer not to do - from grocery shopping to repairing something to standing in line. There is nothing to stop you from distributing flyers in a middle income area offering a grocery shopping and delivery service. How about a home cooked meal service? Be creative. Discover what takes people's time and figure a way to provide a service.

#4 - Teach Based On Your Experiences. After all the "I can do it for you" there must be something you can teach others - from how to cook to how to write a poem to how to raise a child. Remember, the starting point is to ask yourself if you have ever had a problem which you solved. The odds are you are not the only person who had, is having or will have that problem. If you solved or resolved it, show others how to and charge a fee. I know one lady who was in an abusive relationship and now makes money telling others how to safely get out of such relationships. Remember, you have not lived all these years without having something you can teach others. Advertise your knowledge.

Health Month

(Continued from page 1)

to be offered by the Essex Valley Healthcare, Incorporated companies. The programs include free blood pressure and prostate screening, free immunizations for children, an AIDS Walk-a-Thon and a day long health fair. The activities will take place at the Family Health Center and locations including the East Orange YMCA, the Public Library, Elmwood Presbyterian Church and other community based organizations.

According to Russell the East Orange Primary Center is committed to minority health care three hundred and sixty five days a year. He cited some startling statistics about the state of minority health in New Jersey, saying that the disparities between the health status of the non white versus the white population continues to widen even though progress has been made in the health care field.

Russell reported that heart disease among minorities is two times greater than the white population and that high blood pressure or hypertension among minorities is three times greater. The death rate among African-American babies continues to be high. Infant mortality is two and a half times greater for black babies than it is for white and one and a half times greater for Latino babies.

During his remarks, Mayor Cooper acknowledged the vital role of the hospital, its affiliates and the East Orange Primary Care Center.

"The population of East Orange is over 95 percent non-white. Because of this, effectively addressing minority health issues in our city becomes even more critical. We must enlist the help of every segment of the community and towards that end we will be asking that our city's pastors highlight the importance of minority health during one of their Sunday sermons this month."

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Essex County Young Dems call on party factions to unite

NEWARK—The Essex County Young Democrats today endorsed all Democratic candidates for County offices. They also urged party leaders, who split over the bitter County Executive primary battle between East Orange Mayor Cardell Cooper and Democratic County Party Chairman Tom Giblin, to work together to elect a Democratic administration.

Giblin recently conceded the nomination to Cooper after Judge Burrell Ives Humphreys ruled 37 emergency ballots originally declared invalid should be counted ending the previous tie vote by putting Cooper ahead by 17 votes. Giblin then decided against pursuing further court action that could have left the Democrats without a nominee for several more weeks.

"We urge Democratic party leaders and elected officials who supported Tom Giblin to take the responsible road and work hard to elect Cooper," said ECYD President Ronald C. Rice, Jr. "We can not allow egos or grudges to get in the way of doing the right thing."

Had Giblin been nominated, we would have asked the same of Cooper and his supporters."

Individual members of the Essex County Young Democrats supported different candidates in the primaries," Rice added. "However, now that the primaries are over we are coming together to support all the Democratic nominees."

"If Democrats do not work together and run an energetic campaign, then there is no doubt the next County Executive will be a Republican. Now is the time for party officials to demonstrate to their constituents that they care, by working to ensure that a Democratic Administration is elected. We believe that with the nomination process settled, it is time to end the year with the Essex County Democratic party," said Rice.

Rice predicted a polarized county if Republican Essex County Executive Nominee James Treffinger is elected. "Treffering is nothing more than an opportunist filled with bitter rhetoric and propaganda," Rice said. "We can expect nothing more than

divisive rhetoric if he is elected and he will tear this county apart. As a Democrat for much of his political life, he did not possess the strength or vision to press for change within the Democratic Party so he just jumped ship. He can not be an effective County Executive without these two qualities."

The ECYD will be organizing voter registration and education drives throughout the county. The group will also extensively review Treffering's record as an elected official in Verona and Essex County. Treffering loves to attack, never having anything positive to say," said Rice. "We are going to force him to defend his record, which we don't think he can."

In addition to endorsing the Democratic candidates for county offices, ECYD also declared their support for United States Senator Frank Lautenberg and Congressman Herb Klein and Donald Payne. For more information on how to get involved with the ECYD please contact Ron C. Rice, Jr. at 763-5476.

Halfway to St. Patrick's Day party

NEWARK—"Come celebrate with us," exclaims Grace C. Cunningham, General Chairman, Newark St. Patrick's Day Parade Committee. "It will be the closest you can come to St. Patrick's Day cheer in September."

The Halfway To St. Patrick's Day Party is set for Thursday, September 15, at 6:30 p.m. and will be held at Cavan's Beef and Ale, 24 First Street, South Orange, New Jersey. The annual celebration will honor the Donald Hannon, general chairman from 1989-1991, for his efforts to continue the proud tradition of the Newark St. Patrick's Day Parade. Hannon, a father of two and grandfather of three, is a partner of Hannon Floor Covering of Newark in business for over 65

years. Hannon, of Carol Road, Union, has been active in the Newark Parade for over 30 years.

"The committee is very proud to honor Donald Hannon," added Cunningham, "he has always been a good friend and supporter of the Newark St. Patrick's Day Parade."

All proceeds from the celebration will benefit the 60th Annual Newark St. Patrick's Day Parade set for March 19, 1995. The Co-Chairs for the celebration are Maureen Godinho and P.J. Vesey. The \$15.00 will include a corned beef & cabbage dinner, beer, soda and the live entertainment of the Willie Lynch Band. For more information on the celebration please call 201-997-3243 or 908-681-4522.

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News

(Continued from page 3)

Chavis moves closer to Farrakhan

In the wake of his ouster as head of the NAACP, Benjamin Chavis last week re-affirmed his ties to controversial black Muslim leader Louis Farrakhan. Speaking at the breakfast African-American Catholic Church in Washington, DC, Chavis said to his accusers, "You can take away my job, you can take a way anything, but I am not going to forsake Mr. Farrakhan as my brother." Although the official reason given for the ouster of Chavis was his commenting NAACP funds to settle a sex discrimination allegation, critics also feel the civil rights organization's board was also prompted by the closeness of Chavis to Farrakhan. Farrakhan has drawn heavy criticism for alleged anti-white and anti-Jewish remarks.

WASHINGTON, DC

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Gloucester	33,120	Passaic	42,160
Hudson	28,240	Union	39,520
	Warren	\$30,880	

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HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

SEPTEMBER 1, 1994

Minority Health Month

INSIDE: Minority Health
Month Calendar Events

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Health Month Calendar of Events

SATURDAY, SEPTEMBER 10

NEWARK—Forest Hill Family Health Associates' 4th Annual Community Health Fair, 465 Mt. Prospect Ave. 10 a.m.-4 p.m. Contact Ms. Morales, 201-483-3640.

PATERSON—Passaic Beth Israel Hospital General Health Assessment; nutritional analysis, health screenings NAACP Fair 3rd Ward Park, 11 a.m.-4 p.m. Contact Ms. Masci, 201-365-5220.

SOUTH PLAINFIELD—Prudential Insurance and Financial Services Community Health Fair at The Prudential Home Office, 111 Durham Avenue, 10 a.m.-3 p.m. Contact Sue Evans for participation 908-946-5950, Mr. Fejoku for general public info 908-412-5524.

CAMDEN—American Cancer Society-Camden County Unit-Top Priority: A Breast Health Program at St. Anthony's Church, 2818 River Ave, 10 a.m.-12 noon. Contact Sandy Shreve, 609-546-1600.

SOUTH PLAINFIELD—NCADD of Middlesex Co., Inc. will have a Community Health Fair Exhibit at The Prudential Insurance Co. of America 10 a.m.-3 p.m. Contact Alva Higgins.

SUNDAY, SEPTEMBER 11

BURLINGTON—The Heureka Center will present "Curing by Preventing": health outreach Tabernacle Baptist Church, 150 East Second Street, 1-5 p.m. Contact Dr. Dally, 609-871-8337 or Pastor: Rev. Jones, 609-386-4785.

MONDAY, SEPTEMBER 12

CAMDEN—Segaloff Counseling & Treatment Center will host a Minority Health Fair 417 Broadway, 8:30-11 a.m. Contact Ms. Fletcher, 609-757-9190.

IRVINGTON—Early Bird Helping Hand Mission/Beth Israel Hospital "Fire and Safety Workshop" 1038 Clinton Ave 11 a.m.-1:30 p.m. Contact Miss Thomas, 201-926-8457.

CAMDEN—Camcare Health Corp.-OB/GYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609-541-2229.

JERSEY CITY—Kaleidoscope Health Care, Inc. will have health screenings at 127 Lafayette St/School Park 22, 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton 201-451-5425.

TUESDAY, SEPTEMBER 13

MONTCLAIR—COPE Center, Inc. will have a AIDS Support Group (People Living With AIDS) at St. John's Episcopal Church, 7-9 p.m. Contact Mr. Trabucco 201-783-6323.

CAMDEN—Segaloff Counseling & Treatment Center "Minority Health Fair" 8:30 a.m.-11:00 a.m., 417 Broadway. Contact Ms. Fletcher 609-757-9190.

CAMDEN—"Hypertension Treatment" sponsored by the Camden County Department of Health & Human Services at the E. Camden Family Practice Ctr., 26th & Federal Streets, 1-4 p.m. and by appointment. Contact Ms. Sosiak, 609-665-7274.

CAMDEN—Camden County DHHS/American Diabetes Assoc. Hispanic Family Health Center will have a "Diabetes Home Health Party" (Spanish Translation) at the Hispanic Family Health Center, 2700 Westfield Ave, 11-2 p.m. Contact Ms. Sosiak 609-665-7274.

CAMDEN—Camcare Health Corp.-OB/GYN Free urine pregnancy tests at 3 Cooper Plaza, Suite 104, 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609-541-2229.

LONG BRANCH AREA—"Making Life Better for

African American Professionals" (recommended for African-American males) 7-8:30 p.m., on going. To register, Dr. Avis Ellis, 908-566-2988.

HACKENSACK—The Hackensack Red Cross Chapter/Valley Home Care Inc. will have a talk: support/education group for young parents. Contact Diane Rayson 201-652-3210.

WEDNESDAY SEPTEMBER 14

CAMDEN—Segaloff Counseling & Treatment Center "Minority Health Fair" at 417 Broadway, 8:30-11:00 a.m. Contact Ms. Fletcher 609-757-9190.

CAMDEN—Camden County DHHS/Ca.m.den Optometry Center/ Lions Club International will have Vision/Blood Pressure Screenings at Abbott Village 10 a.m.-1 p.m. Contact Ms. Sosiak 609-665-7246.

ATLANTIC CITY—The DHHS will have a "Health Fair" on Virginia Avenue 6-8 p.m. Contact Ms. Rivera 609-347-5504.

NEWARK—UMDNJ-University Hospital/Newark Board of Concerned Citizens will have Education/Screening Activities at the UMDNJ Newark Campus, 9:30 a.m.-3:00 p.m. Contact Anita Walsh/Mary Mathis Ford, 201-982-6512.

NEWARK—UMDNJ University Hospital/UMDNJ Board of Concerned Citizens will have it's "2nd Annual National Minority Health Fair" at the UMDNJ-Newark Campus, various locations 9 a.m.-3 p.m. Contact Sharon Snead, 201-982-5529.

CAMDEN—Camare Health Corp.-OB/GYN will have free urine pregnancy tests 9 a.m.-2 p.m. Contact Dr. Larkins, 609-541-2229.

METUCHEN—"Taking Life Better for African-American Professionals" (recommended for African-American males) 7-8:30 p.m., ongoing Metuchen area. To register, call Dr. Avis Ellis, 908-566-2966.

JERSEY CITY—The Jersey City Medical Center/Liberty Healthcare System/Hudson Prenatal Corst will host a Community Health Day at the Miller Branch Library, 489 Bergen Avenue 1-4 p.m.

UNION CITY—Mt. Carmel Guild Community Mental Health Center the Family Association will have a support group for Hispanic families with mentally ill relatives/friends at 3201 Central Avenue Call 201-864-0270.

PERTH AMBOY—Puerto Rican Association for Human Dev., Inc. (PRAHD) will host a HIV/AIDS staff prevention/education session 100 First Street, 9 a.m.-1 p.m. Contact Elisa Gayoso 908 442-1081.

JERSEY CITY—Kaleidoscope Health Care, Inc. will have "Health Screenings" at 127 Lafayette Street/School Park 22, 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton, 201-451-5425.

THURSDAY SEPTEMBER 15

HOBOKEN—For Sickle Cell Awareness Month, the Hoboken Health Department will give blood tests at 916 Garden Street, 1-3 p.m. Contact Mr. Sasso 201-420-2365.

MONTCLAIR—COPE Center, Inc. will have an AIDS Support Group (caregivers) 7-8:30 p.m. Call 201-783-6323 for more information.

PATERSON—Passaic County Community College will have Blood Pressure Screening from 9a.m.-2p.m. Contact Leona Naik/Sandra McCleaster 201-896-1058.

CAMDEN—Segaloff Counseling & Treatment Center will host a Minority Health Fair, 417 Broadway, 8:30-11:00 a.m. Contact Ms. Fletcher 609-757-9190.

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City News HeartBeat is published monthly by City News Publishing Company, PO Box 1774, 144 North Avenue, Plainfield, NJ 07060. The publisher reserves the right to delete objectionable words or phrases and to reject any advertising. This publication, in whole or parts thereof, may not be reproduced in any form whatsoever without the expressed written permission of the Publisher. City News assumes no responsibility for unsolicited manuscripts, art or photographs. No material submitted can be returned without a stamped, self-addressed envelope.

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Health calendar continues on page 8

HEALTH BRIEFS

Marrow donor project seeks crucial minority participation

The National Marrow Donor Program (NMDP) has developed a nationwide campaign to increase the number of black, Native American, Latino and Asian American marrow donors. Currently, the NMDP registry has more than 1.3 million marrow donor volunteers of which only 227, 538 are people of color.

Increasing the number of minority donors is critical because the factors that determine whether or not the transplantation of marrow is possible are genetically inherited like eye, skin and hair color. Therefore, a person is most likely to find a donor among people of his or her own racial or ethnic group. Marrow transplants are considered among the best possible treatments for Leukemia, Hodgkin's and non-Hodgkin's Lymphoma, Aplastic Anemia and more than 50 other diseases. For more information contact Carol McFarland at the National Marrow Donor Program at 1-800-426-7809. For donor information call 1-800-MARROW-2.

American Lung Association offers help with lung health

Blacks are especially vulnerable to cigarette smoke-related lung cancer and both blacks and Latinos suffer high rates of asthma. Knowing what to do (besides kick the habit) to help keep your lungs healthy is a bit of a mystery to many people, however, so the American Lung Association has published a manual entitled *Your Lungs, An Owner's Manual*—offering help with problems like air pollution, smoking and kids, and checking out the air quality in your home. For free copies of the booklet, call 1-800-Lung-USA.

Impetigo can mar a new school year

One item parents can add to their children's back-to-school list is prevention against a common skin infection. Impetigo is a contagious bacterial infection that, left untreated, can go deeper into the skin and cause complications. It is spread easily via skin-to-skin contact, especially in summer and early fall, said Dr. Andrea Dominey, a pediatric dermatologist at Baylor College of Medicine in Houston. Minor scrapes and skin cuts can contribute to the infection's spread. For this reason, small epidemics can occur in schools at the start of the school year. Impetigo can be caused by two bacteria. Group A streptococcus causes small red spots with honey-colored crusting; staphylococcus causes small to large red blisters on the legs, face and trunk.

19 states receive \$10 million to fight tobacco use.

In an effort to spark state-level efforts to fight the leading cause of preventable death in the United States, the Robert Wood Johnson Foundation has awarded coalitions in 19 states grants from its \$10 million smokeless states program. California and Massachusetts have recently developed comprehensive programs highly successful in reducing tobacco use. However, tobacco use among teens and adults in this country is rising. This program will help 19 additional states to develop the capacity to carry out similar comprehensive efforts.

Drug tested for eye disorder

A drug used to treat genital herpes is being tested for use in battling a common eye disorder. The antiviral drug, acyclovir is being tested as a treatment for ocular herpes by researchers at Baylor College and seven other sites. Doctors are hoping that the drug will prove beneficial for the treatment of ocular herpes as it is for genital herpes.

Minority Health Month

From the Staff of City News who bring you HEARTBEAT and our charter advertisers: UMDNJ-University Hospital, United Hospitals Medical Center, Columbus Hospital, Hospital Center at Orange, East Orange General Hospital and Muhlenberg Regional Medical Center, we hope you take time to read and reflect on the information contained in this issue of HEARTBEAT celebrating Minority Health Month. These hospitals and others throughout the state are providing events, activities, fairs and workshops to inform minority groups of issues and opportunities available to them and to help them live healthier lives. An extensive calendar of events for Minority Health Month has been provided by the State of New Jersey Department.

MINORITY HEALTH FAIR

SATURDAY, SEPTEMBER 17, 1994

10:00 A.M. - 2:00 P.M.

In recognition of Minority Health Month, September 1994, the Interfaith Health Service Task Force, (an initiative of the North Jersey Committee of Black Churchmen), in cooperation with area hospitals, churches and businesses will provide free blood pressure screenings, information on nutrition, pharmacy, social services and much more!

Please take advantage of screenings at the sites listed below.

St. Peter's Baptist Church

10 South 12th Street

Newark, New Jersey

(201) 484-9538

In conjunction with

United Hospital

Solid Rock Baptist Church

644 Chancellor Avenue

Irvington, New Jersey

(201) 373-8129

In conjunction with

United Hospital

Strangers Home

Church of God In Christ

258 Eastern Parkway

Irvington, New Jersey

(201) 371-2773

In conjunction with

Irvington General Hospital

Abysinnian Baptist Church

224 West Kinney

Newark, New Jersey

(201) 642-6617

In conjunction with

Columbus Hospital

Zion Hill Baptist Church

152 Osborne Terrace

Newark, New Jersey

(201) 824-9596

In conjunction with

Newark Beth Israel

Medical Center

Elmwood Presbyterian Church

135 Elmwood Avenue

East Orange, New Jersey

(201) 678-0055

In conjunction with

East Orange General Hospital

and the Visiting Nurse

Association of Essex Valley

Promised Land Church

592 Hunterdon Street

(corner of Madison Avenue)

Newark, New Jersey

(201) 242-3803

in conjunction with

University Hospital -

University Medicine and

Dentistry of New Jersey

This ad courtesy of Blue Cross and Blue Shield of New Jersey

Medical research: the race factor

by Lynne Taylor

The role of race and ethnicity in medical research can be a controversial topic. In the past, medical research involving minority populations often attempted to find links between ethnicity and behavior (often perceived as deviant) that would result in disease. In addition, past atrocities, including the Tuskegee Study (a U. S. government sponsored study in which African-American men with syphilis were purposely left untreated), have, for many, cast lasting suspicion on physicians seeking minority participants in research.

But playing a role in medical research, especially projects assessing new treatments, is important for people of all races. "Minorities need to be informed about clinical trials," said Dr. Charles Thomas, an oncologist at the University of Washington School of Medicine. "The existing standard of care for many diseases, including most cancers, is 'sub-optimal,' therefore [current] clinical research is [not] state-of-the-art, for minorities or anyone."

The faces of researchers have also changed dramatically since the days of the Tuskegee tragedy. Many of today's studies are conducted by physicians of color seeking to unlock the mysteries of diseases that have long affected people from their own communities.

A wide range of illnesses are currently being studied, but work in three key areas will

probably have the most impact on the lives of blacks, Latinos, Native Americans and Asian Americans—heart disease, cancer and diabetes. Statistics reveal that race often plays a role in who gets a particular disease or dies as a result of it (1990 survey of U.S. health statistics, Health and Human Resources Administration).

External factors such as poverty, diet and access to health care definitely contribute to these differences in disease rates. Lower socioeconomic status alone, has been proven a risk factor for many diseases, regardless of ethnicity.

In recent years, however, many prominent physicians, scientists and the National Institutes of Health's Office of Research on Minority Health have begun to seek other clues to the illnesses that appear more frequently, and take more lives, among people of certain cultural and ethnic groups.

Heart and Vascular Disease: Heart disease is the number one killer in the United States. That fact cuts across ethnic lines to include men and women of African, Latino and Native American descent. Risk factors for heart disease include obesity, hypertension, diabetes and high cholesterol. Blacks have the

highest incidence rates of heart disease and hypertension, while the rates for Asians and Native Americans are similar to, or lower than, those for whites.

Cases among Latinos fall between those of whites and blacks. Despite this relatively high rate, research on heart disease in Latinos is scant. "There is very little out there about coronary heart disease in this population," said Dr. Panagiota Caralis a physician at the Veterans affairs Medical Center in Miami and professor at the University of Miami Medical School.

Why are heart disease and hypertension so common in blacks? Recent research suggests that differences in salt metabolism may be part of

the explanation. One study by Norman Hollenberg of Harvard University showed low rates of aldosterone, a hormone responsible for the processing of salt in the body, among blacks with hypertension. However, the work of Dr. Randall Tackett, at the University of Georgia, revealed that salt metabolism may only be a part of the story. Dr. Tackett discovered that the veins of blacks were actually less flexible than those of whites and that such a lack of flexibility could contribute to higher blood pressure and a need for stronger hypertension medications.

Among Asian Americans, a study comparing heart disease among Japanese people who left Japan to move to Hawaii or California, demonstrated the impact of environment and other non-genetic factors. The Ni-Hon-San study, conducted by the Honolulu Heart Project, showed an increase in heart disease, obesity, and cholesterol levels among study participants as they moved west from Japan to Hawaii or California.

Yet, people from China, Japan and the Philippines carry very different risk factors for cardiovascular disease. A California study of more than 13,000 Asian Americans found that Chinese Americans had the lowest risk for heart disease. Japanese people had the highest cholesterol and Filipinos were the most likely to have hypertension.

Other recent studies among Southeast Asians, focusing on people from Pakistan, India and Bangladesh, suggest a connection between their high rates of heart disease and insulin resistance.

Cancer: Cancer is the second leading cause of death in the United States, but there is a great deal of variation in incidence and black men have the highest rates of cancers of the prostate and lung. Native American women have the highest incidence of cervical cancer. Japanese Americans have a rate of stomach cancer 3-to-4 times higher than whites and Chinese Americans have a higher rate of mouth and throat cancers (U. S. Department of Health and Human Services).

Cancer research is now being directed at metabolic and genetic explanations for these varying disease rates. Differences in genes involved in breaking down carcinogens are one possibility. A mutation in one such gene, CYP1A1, has been associated with lung cancer risk in Asians in a number of recent studies (HHS).

American Health Foundation research (1994) found that Blacks metabolize chemicals from cigarette smoke differently than white Americans, which may be a key to their high rates of lung cancer.

In the realm of breast cancer, separate research performed at the University of Texas, Louisiana State University and George Washington University has shed new light on the reasons that African American, and to a lesser degree Latino women, die sooner from breast cancer than white women. The largest of the studies, at the University of Texas Health Sciences Center, examined 6600 breast cancer cases. Study results showed that after breast cancer diagnosis and treatment, white women lived an average of 166 months, Latino women lived 156 months, while African-American women lived only 117 months. Dr. Kent Osborne, one of the study's chief researchers says that when seeking explanations for these differences in survival rates "there is room for everything. Rather the missing causal factors like poverty a lack of access to care, this research says that "in addition to socioeconomic factors there are differences in the tumors of these women...its multi-factoral" Dr. Osborne explains. The study found that African American and Latino women were more likely to get the disease before age 45.

In addition, their tumors grew faster and were less responsive to respond to the drug tamoxifen and some other breast cancer treatments. And, while the variations in survival statistics may seem small, Dr. Osborne pointed out that "even a small percentage difference still effects thousands and thousands of women, because so many women have breast cancer."

One of the same problems—more aggressive tumors—exists for African-American men suffering from prostate cancer. African American men have the highest rates of prostate cancer the world. (National Cancer Institute). An Eastern Virginia Medical School study found that African American men suffered from more aggressive forms of the disease even when the disease was diagnosed at stages similar to those of white patients.

Studies at Norris comprehensive Cancer Center are shedding light on possible causes for this difference. Work comparing levels of testosterone and 5-alpha reductase, which are both implicated in the growth of prostate tumors in Japanese American, white and African American men found that African Americans had high levels of both substances, while white and Japanese patients had high levels of either 5-alpha reductase or testosterone. Japanese men, incidentally, have very low rates of prostate cancer.

New research at the University of Southern California has also shown racial differences in the gene coding for the receptor that binds testosterone.

"We saw clear differences between Asians, whites and blacks which correlate exactly with their relative risks of the disease," said Dr. Gerhard Goetzee.

DIABETES: Diabetes mellitus is a disease in which the body is unable to properly process sugar. Non insulin dependent diabetes mellitus (NIDDM), the most common type found in adults, usually results from the body's resistance to and deficiency from insulin, a hormone (Continued on page 12)

CATHEDRAL HEALTHCARE SYSTEM Celebrates Minority Health Month

September is *Minority Health Month*, and we've planned some special events at Saint James Hospital and Saint Michael's Medical Center in Newark, and on the campus of Saint Mary's Hospital in Orange. Our programs on health and safety are designated to promote wellness.

Fire Safety

Sept. 22 - Saint James Hospital
Sept. 28 - Saint Michael's Medical Center

Medication Awareness

Sept. 26 - Saint Michael's Medical Center
Sept. 27 - Saint Mary's Hospital

Blood Pressure Screening

Sept. 27 - Saint Michael's Medical Center
Sept. 28 - Saint James Hospital
Sept. 29 - Saint Mary's Hospital

Drug/Alcohol Abuse and Depression Among Senior Citizens

Sept. 27 - Saint James Hospital
Sept. 28 - Saint Mary's Hospital
Sept. 29 - Saint Michael's Medical Center

All programs will be held from 1-3 p.m. and are free of charge. Presentations at Saint James and Saint Michael's will be held in the hospital lobbies. Saint Mary's programs will be held in the Education Building located in the hospital's parking lot.

Minority Health Month programs are sponsored by the Cathedral Health and Wellness Center. For more information, call (201) 877-2987.



CATHEDRAL
HEALTHCARE
SYSTEM

Early breast cancer warning critical for black women

Studies indicate breast cancer more deadly for black women

We tend to think of diseases as having the same effect on everyone. Heart disease is heart disease, whether you are male or female. Or, breast cancer is breast cancer, regardless of your race or ethnicity.

Recent medical research, however, suggests that certain diseases may have different behaviors in men and women, as well as in racial groups.

For example, heart disease may progress differently in women than in men, perhaps linked to hormonal changes brought on by the onset of menopause. Similarly, recent studies reveal evidence that breast cancer acts differently in whites than in blacks.

For example, several studies provide evidence that breast cancer might appear in a more deadly form in black women—the tumors growing faster and generally being more malignant. The result: while white women actually have a higher rate of breast cancer, black women are more likely to die from it.

Breast cancer is, indeed, serious business for all women. According to the American Cancer Society, one in nine women will develop breast cancer in her lifetime. If you are a black woman with breast cancer, you have a 27 percent greater chance of dying than does your white counterpart. Black women have a 63 percent survival rate after five years with breast cancer (versus 75 percent for white women).

The situation for black women is made even more serious when you consider that the problem of greater malignancy is compounded

by the fact that black women are less likely to seek out early methods of detecting breast cancer. The result? Breast cancer is the leading cause of cancer death in black women.

The message should be loud and clear for black women: if you haven't already done so, you should be actively pursuing a program of early detection for breast cancer beginning in

your twenties and continuing for the rest of your life.

A thorough program, as recommended by the American Cancer Society, involves three parts: monthly self-examinations, frequent physical exams administered by a qualified health professional, and regular mammograms are effective. Early detection program involves

all three steps.

"Each step in the process plays its own part," explains Dr. Gail Eliot, director of the Center for Breast Imaging at the New Jersey Medical School Doctors Office Center (DOC) in Newark. "Some breast cancers are detected only by mammography, while others are detected only by physical exams."

(Continued on page 12)

United Hospitals targets minority health problems

A study released in New Jersey more than a year ago showed that the rate of certain illnesses among minorities, particularly African Americans, are triple that of whites. These diseases, which include heart disease, diabetes, AIDS and cancer, are greater impacted by the fact that minorities often lack health insurance and have limited access to health care.

United Hospitals Medical Center, a 400 bed acute care facility which also houses the Children's Hospital of New Jersey in Newark recognizes the plight of minorities and has established programs and services That target the health needs of this community.

Adewale Troutman, MD, director of adult emergency services at United Hospitals and chairman of the committee on the state of black health in New Jersey, said, "there has to be both uni-

versal access and universal health coverage in order to close the gap between blacks and whites in health care."

Minorities tend to use the emergency department for primary care and often do not seek treatment until the illness is in its acute stages. In order to ensure that patients receive care, on a regular basis, United Hospitals Medical Center developed the United Community Health Program. Funded by a grant from the department of health, the goal of the program is to divert patients who may be using the emergency department inappropriately out of this area and place them in one of United's two satellite health centers.

Each patient is assigned a private physician who will manage their treatment each time they visit the clinic. Transportation is provided for those who need it and patients eligible for charity care are

enrolled in the appropriate program.

Among the diseases most prevalent in the black community are, cancer (both lung and cervical), diabetes, hypertension and AIDS. United Hospitals has specialty clinics geared at addressing these illnesses. Some of these services include:

Diabetes Clinic: Held once a week at United Hospitals, patients must be referred to this clinic by a physician. A diabetes support group also meets one Saturday each month. Diabetics and family members are invited to discuss their illnesses and any other problems that they may encounter with the disease. A guest speaker is also featured at each meeting.

Pulmonary Clinic: Held once a week at United Hospitals, the Pulmo-

(Continued on page 7)



United Hospitals Medical Center recognizes September as Minority Health Month. As a community hospital - we offer a broad range of programs and services designed to meet the healthcare needs of the diverse population we serve. We provide specialized and family centered care for Hypertension, Sickle Cell Anemia, Diabetes, Heart Disease and AIDS. Each Wednesday throughout the month of September, we're offering free health screenings and education on a variety of minority health issues. For more information, please call (201) 268-8022.

UNITED HOSPITALS MEDICAL CENTER

CHILDREN'S HOSPITAL OF NEW JERSEY

Pulling together, pulling ahead.

Muhlenberg's guide to common heart tests

Holter monitors, thallium scans, EKGs. The list of procedures to detect heart disease can be confusing. And, because the incidence of heart disease is high among the African-American population, it is vitally important to understand these tests and what they show.

Here is a list of commonly prescribed procedures, which are part of Muhlenberg Regional Medical Center's heart disease prevention program.

According to Kathy Klige, RN, director of Cardiovascular Services, and Beverly Howard, R.N., manager of Non-Invasive Cardiac Diagnostics, testing for cardiac disease is conducted systematically, from the simple electrocardiogram to show how the heart is beating, to the cardiac catheterization, which reveals how well the heart muscle itself is receiving oxygen via coronary arteries.

"The heart is a muscle which pumps

blood throughout the entire body," says Klige. "In accomplishing this function it beats in a set electrical pattern. Testing is performed to identify problems in pumping ability, in beating, in the heart's ability to deliver oxygen to the entire body, or in receiving its own oxygen supply."

Electrocardiogram (EKG, ECG) examines the heart's rate and rhythm and detects changes from the normal beating pattern. Heart attack can be diagnosed from alterations in wave forms; extra beats can be detected.

Holter Monitor (24 hour EKG recording) examines the heart over a longer period of time than an electrocardiogram, providing a more complete analysis of the heart's rate and rhythm.

Stress Test Assess how well the heart muscle can support activity at greater than normal levels, the patient is "stressed" in a controlled environment. This assists in clearing a patient for routine exercising. It also identifies the patient who requires medication for control of irregular heart rhythms or high blood pressure. If chest pain is significant during the test, a catheterization may be indicated.

Thallium Scan Identifies impaired blood flow to specific areas of the heart. The scan is performed in conjunction with a stress test.

Scans (Nuclear, Magnetic Resonance Imaging, Computed

Tomography) Provides detail for assessment of a heart's structure to determine if proper functioning is affected.

Transthoracic Echocardiography Reveals detail about the functioning of the heart's chambers, allowing for measurements of size. Valve functioning and blood flow through the heart are also detailed.

Transesophageal Echocardiography Also reveals detail about the functioning of the heart's chambers, allowing for measurements of size.

Cardiac Catheterization Detects the extent of coronary artery disease.

St. Michael's uses Cold laser as alternative to bypass surgery

Cardiologists at Saint Michael's Medical Center are offering a new alternative to bypass surgery for some patients and increasing their success rate with difficult angioplasty cases through the use of a coronary excimer laser.

The laser uses the energy of light instead of the force of a catheter to drive through thick atherosclerotic plaque that is built up inside the coronary arteries. It can be used alone but is usually used in addition to balloon angioplasty, a procedure to open up blocked arteries.

During a typical angioplasty, the physician passes an inflatable balloon catheter through the vessel to a point where there is a lesion, or build up of atherosclerotic plaque. The balloon catheter is then inflated, compressing the plaque against the vessel wall.

In the past, when an artery was too blocked to successfully perform angioplasty, bypass surgery was often the patient's only other alternative. The excimer laser, dubbed a "cold laser" because it doesn't use heat to do its work, in some cases eliminates the need.

Like the balloon catheter, the excimer laser is introduced into the vessel with the help of a guide wire. When it reaches a complicated lesion, the laser allows the physician to cut through tight plaque first, then introduce the balloon catheter to finish the job if necessary.

"The basic idea is to take a complex angioplasty and simplify it," said Jonathan Goldstein, MD., of Short Hills, chief of cardiac catheterization, who initiated the use of the excimer laser at Saint Michael's. The excimer laser is approved by the Federal Food and Drug Administration for complicated conditions including lesions on saphenous vein grafts, where an artery from the leg has been grafted onto the heart; lesions located at the beginning of an artery; those greater than 20 millimeters in length; those treated unsuccessfully by balloon angioplasty alone, and in arteries that are totally blocked.

Along with Dr. Goldstein, Saint Michael's cardiologists Adolph Senft, M.D., and Rita Watson, MD., were trained to use the laser at Harvard University's Brigham and Women's Hospital.

Manufactured by Spectranetics of Colorado Springs, CO, the coronary excimer laser has been used in more than 15,000 cases worldwide.

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— RALPH VELLON, RN, DIRECTOR OF SURGICAL SERVICES

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Hospital Center to host 'Super Health Sunday'

All community residents are invited to participate when the Hospital Center at Orange (HCO) celebrates the 2nd annual September-long recognition of Minority Health Month with a "Super Health Sunday" on September 18.

Nine local churches and the Hospital's two lobbies will be the locations for local residents to receive free health screenings and information on a variety of medical topics. All programs have been selected and designed to address specific health needs of the minority population within the communities served by the Hospital.

Teams of HCO staff members will offer blood pressure screenings, breast self-exam instructions and information about prostate cancer, diabetes risk awareness, AIDS/HIV, asthma, as well as women's and children's health services, among others.

The following churches are participating in the program as "Super Health Sunday" sites on

September 18: East Orange: St. Mark's A.M.E. Church, 587 Springdale Ave., 12:30-2:30 p.m.

St. Agnes & St. Paul's Episcopal Church, 206 Renshaw Ave., 1-3 p.m.

Minority health problems

(Continued from page 5)

nary clinic treats respiratory illnesses to include lung cancer and tuberculosis. United also hosts a cancer support group for patients held the fourth Wednesday of every month.

Hypertension/Cardiology Laboratory: The hypertension management center, the most recent addition at UHMC has the benefits of both a non-invasive diagnostic laboratory and a hypertension clinic. The laboratory has the capabilities of echocardiogram with Doppler and color flow imaging, a diagnostic instrument that allows a physician to determine the size of the heart, heart wall and thickness, and ambulatory blood pressure monitoring; a unit that allows the physician to monitor a patient's blood pressure at different intervals over a 24-hour period.

The hypertension clinic allows for family screening and the ability to identify people

St. Paul A.M.E. Church, 15-21 Sanford St., 1-3 p.m.

United Missionary Baptist Church, 228 So. Harrison St., 1-2:30 p.m.

Divinity Missionary Baptist Church, 227 Tremont Ave., 10 a.m.-12 p.m.

Orange: St. Matthew's A.M.E. Church, 336 Oakwood Ave., 10 a.m.-2:30 p.m.

Church of the Epiphany, 105 Main Street, 10:30 a.m.-12:30 p.m.

Ebenezer Baptist Church, 153 Williams St., 9 a.m.-1 p.m.

West Orange: St. Mark's Episcopal Church, 13 Main St., 12-2 p.m.

In addition, an HCO team will offer health screenings and information for visitors, their families and all interested members of the community at the following sites:

Orange Memorial Hospital Unit, 188 South Essex Ave. entrance, 1-3 p.m.

and **New Jersey Orthopaedic Hospital Unit**, 289 Central Ave., entrance, 1-3 p.m.

All programs are free and all are invited. For more information about "Super Health Sunday", please call the Hospital's Public Affairs & Marketing Department at 201-266-2025.

at risk for hypertension early by tracking them through one family member.

"Diabetes and other illnesses like hypertension go hand in hand because people with diabetes often develop other health problems like high blood pressure, cardiac and vascular problems and renal diseases," said Annette Hubbard, RN, patient care coordinator for all adult medical clinics at United.

During September, Hubbard will be hosting four health information/screening sessions in the hospital's main lobby. Sessions will be devoted to minority health issues like diabetes and hypertension. The sessions will be held each Wednesday in September from 11:00 a.m. to 1:00 p.m. in the hospital's main lobby.

For information about the adult medical clinics or other services at United Hospitals call 201-268-8072.

Getting Better Is What We're All About.

We keep getting better so we can help you get better, stay better, live better.

At East Orange General Hospital, we've made significant improvements in facilities and in technology. These investments greatly enhance our ability to serve the health care needs of our community.

But our commitment goes deeper.



We want to help people live happier, healthier lives. We've added education and support programs; expanded

efforts to reach out to church and civic groups.

At East Orange General Hospital, we believe a great hospital has a responsibility to be at the center of the entire community.

We take that responsibility seriously.

September is Minority Health Month.
For information on screenings and events throughout the month call 201-266-8510.

Your partner for a healthier community



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AND FAMILY HEALTH CENTER

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MINORITY HEALTH

EAST ORANGE—Care at Home Inc./Visiting Nurse Assoc. will host a Community BP and Nutrition Screening at 26 Ashland Ave, 6-9 p.m. Call 201-678-5059.

CAMDEN—Camcare Health Corp.-OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104 9 a.m.-2 p.m. Contact Dr. Debra Larkin 609-541-2229.

CAMDEN—American Cancer Society-Camden Co. Unit will host "Top Priority: A Breast Health Program" Northgate II, 500 N 7th & Linden, 10-12 noon. Contact Sandy Shreve 609-546-1600.

JERSEY CITY—Jersey City Family Health Center will host "Healthy Heart Day" at 88 Clifton Place, 9-11 a.m. Contact Ms. Greene, (201)915-2040.

MONTCLAIR—"Taking the Red Tape Out of Adoption" presented by Spence Chapin at the Montclair Public Library, 50 South Fullerton Ave. For more info call Stacy Patton at 212-369-0300.

FRIDAY, SEPTEMBER 16

CAMDEN—Segaloff Counseling & Treatment Center will host a Minority Health Fair 417 Broadway, 8:30-11:00 a.m. Contact Ms. Fletcher 609-757-9190.

PATERSON—The Paterson Health Heart Program will present "Health & Hair" Blood Pressure barbershop screening program at Jose's Barber-shop, 81 Madison Avenue, 1-3 p.m. Contact Ms. Schlay 201-881-3938.

CAMDEN—Comcare Health Corp.-OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104, 9 a.m.-2 p.m. Dr. Debra Larkins 609-541-2229.

NEWARK—The American Lung Association of NJ/UMDNJ will host a geriatric symposium: "The ill effects of second hand smoke in the elderly population of Newark" at UMDNJ 8 a.m.-3 p.m. Contact Melissa Zanjani, 201-791-6600.

JERSEY CITY—Kaleidoscope Health Care, Inc. will have health screenings at 127 Lafayette St/School Park 22, 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton 201-451-5425.

NEWARK—UMDNJ-Medical School will present Community 2000/Health of The City Series: A History of Newark" 185 So. Orange Ave./University Heights, Room TBA. Contact Dr. Dunston 201-982-3854.

NEWARK—Children's Hospital of NJ/United Hospitals Medical Center will have a Vitamin D Deficiency/Rickets Clinic at 15 S. 9th Street, from 1-5 p.m. Contact Lydia Bright 201-268-2546.

SATURDAY, SEPTEMBER 17

PASSAIC—The Passaic Board of Health will have a Minority Immunization-Health Fair, at School #11 Madison & Gregory Ave. Contact Ms. Mc Crane 201-365-5600.

BRIDGETON—Test City Head Start/Test City Child Care, Inc. will host "To Your Health...with Tours for Health" nutrition education at Bridgeton Thriftway, 10 a.m.-11:30 a.m. Contact Ms. Wilks 609-453-0803.

PATERSON—The Paterson Healthy Heart Program will have Health & Hair blood pressure barbershop screening at Cleaves Unisex Salon, 98 Rosa Parks Blvd. 1-3 p.m. Contact Ms. Schley.

PATERSON—For Health Heart Awareness Day the Paterson Healthy Heart Program will have screenings at Christ Temple Baptist Church, 38 Hopper Street. Contact Ms. Schley 201 881-3938.

PATERSON—Straight & Narrow, Inc. will sponsor the Minority Health Fair at the Alabam. a Housing Development, 9 a.m.-3 p.m. Contact Mr. Kelly 201

345-6000 ext. 21.

MORRISTOWN—The Morris County Organization for Hispanic Affairs will host a "Health for All" Community Fair St. Margaret Church Hall, 6 Sussex Avenue, 9 a.m.-4 p.m. Contact Dolly Parra 201-366-2501.

NEWARK—UMDNJ-Minority Health Council will have a "Lunch and Learn": Diabetes Education Seminar at NJ Medical- Medical Science Bldg., Rm B515, 185 South Orange Ave, 9 a.m.-12 p.m. Contact Debra Johnson 201-982-6364.

PERTH AMBOY—NAACP-Perth Amboy Branch Area/Perth Amboy Dept. of Human Services will have Minority Family Health/Educational Awareness Day, 1 Oliver St, 10 a.m.-2 p.m. Contact Shirley Jones 908-442-3629.

NEWARK

Health Service Task Force/Columbus Hospital will host the Essex County Health Day Screenings Shiloh Baptist Church, 99 Davenport Ave, 10 a.m.-1 p.m. Doris Gallo 201-268-1414.

EAST ORANGE

General Hospital Family Health Center will have Free Immunizations for children. For appointment 201-674-3500.

EAST ORANGE

General Hospital/Interfaith Health Task Force/VNA of Essex Valley will host the Community Health Screenings at Elmwood Presbyterian Church, Elmwood & Eppit Aves. Call 201-678-0055.

JERSEY CITY—Jersey City Medical Center will have mammography screenings at Greenville Hospital, 1825 Kennedy Blvd. Call 201-547-6100.

NEWARK—Interfaith Health Services screening of area churches in Newark sponsored by Newark-NJ Committees of Black Churchmen. Contact Dr. E. Verner, 201-484-3030.

EDISON—JFK Medical Center will have its annual "JFK: Just For Kids" Health Fair from 10 a.m. to 3 p.m. on the lawn near JFK's Emergency Dept. on James Street. The Fair is open to the public and is free. For more info call 908 632-1530.

NEWARK—American Red Cross: Essex & Passaic will R.A.P. (Reaching Adolescents & Parents) Newark housing site (TBA), 10 a.m.-12 noon, Contact Ann Chambers 201-676-0800.

SPRINGFIELD—Regional Training for NJ Organ & Tissue "Sharing Network" 150 Morris Ave, 10 a.m.-2 p.m. Contact Marilyn Campbell 201-379-4535.

LAKEWOOD—Kimball Medical Center will present "The Many Facets of Violence" at Lakewood High School, 9 a.m.-3 p.m. Contact Charles Lascari 908-370-5778.

SUNDAY, SEPTEMBER 18

WILLINGBORO—The Heureka Center will sponsor "Curing by Preventing" health outreach at the Alpha Baptist Church, 15 Rose St, 1-6 p.m.

Contact Dr. Daly, 609-871-8337; Pastor Rev. J. Bass, 609-877-6500.

MORRISTOWN—Morris County Organization for Hispanic Affairs will have a Health for All Community Fair at St. Margaret Church Hall, 6 Sussex Ave 9 a.m.-4 p.m. Contact Dolly Parra 201-366-2501.

ORANGE—Hospital Center at Orange will sponsor a "Super Health Sunday" at various East Orange churches. Contact Christy Else 201-266-2025.

NEWARK—UMDNJ-Medical School Dept. of Anatomy/NJ Med. Sch. will have its Biomedical Explorations Program Presentation Day at 185 South Orange Avenue University Heights, 1-2 p.m. Contact Dr. Dunston 201-982-3854.

MONDAY, SEPTEMBER 19

NEWARK—Family Life Counseling Center will present "Pathway to Wholeness: Spiritual Growth & Personal Change, 142 Maple Avenue, 6:30-7:30 p.m. Contact Ms. Armstead 201-923-9449.

PASSAIC—Passaic Beth Israel Hospital will have General Health Assessment; screenings Hispanic Information Center 9 a.m. 12 noon. Contact Ms. Masci 201 365-5200.

CAMDEN—Camcare Health Corp.-OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104, Camden, 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609 541-

2229.

JERSEY CITY—Kaleidoscope Health Care, Inc. will have Health screenings at 127 Lafayette St/School Park 22, 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton.

TUESDAY, SEPTEMBER 20

PERTH AMBOY—HIV/AIDS Prevention Programs (English & Spanish) will be held at the Perth Amboy Adult School, 9 a.m.-2 p.m. Contact Ms. Cruz 908-826-3360 ext 350, 351.

MONTCLAIR—COPE Center, Inc. will present a AIDS Support Group (People Living With AIDS) at St. John's Episcopal Church, 7 p.m.-9 p.m. Mr. Trabucco 201 783-6323.

CAMDEN—Camden County DHHS will sponsor Hypertension Treatment 1-4 p.m. and by appointment at the East Camden Family Practice Center 26th & Federal Streets. Contact Ms. Sosiak 609-665-7274.

PATERSON—"Read The Label Before You Put It On Your Table" tour will be sponsored by the Paterson Healthy Heart Program at Foodtown, Chamberlin Ave, 10 a.m. to 12 noon. Contact Ms. Schley 201-881-3938.

CAMDEN—Camcare Health Corp.-OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104, from 9 a.m.-2 p.m. Contact Dr. Larkins 609-541-2229.

LONG BRANCH—"Making Life Better for African-American Professionals" (recommended for African-American males) 7-8:30 p.m., ongoing. To register call Dr. Avis Ellis, 908-566-2988.

can-American males) 7-8:30 p.m., ongoing. To register call Dr. Avis Ellis, 908-566-2988.

HACKENSACK—Valley Home Care, Inc./American Red Cross will have a talk on support/education group for young parents at the Hackensack Red Cross Chapter, 4:30-6 p.m. Contact Diane Rayson 201-652-3210.

NEWARK—NJMS Community 2000/NJ Medical School will have "Community 2000/Health of The City Series: The Newark Clergy's Perspective" at 185 South Orange Ave/Univ. Heights. Contact Dr. Dunston 201-982-3854/3855.

WEDNESDAY, SEPTEMBER 21

CAMDEN—Blood Pressure/Vision Screenings will be given at the Gloucester Township Municipal Bldg., Chews Landing Road, 9-11 a.m. and at Westminster Presbyterian Church, 3513 Marriell Ave from 10 a.m. to 1 p.m. Sponsored by the Camden County DHHS. Contact Ms. Sosiak 609 665-7274.

ATLANTIC CITY—"A Health Fair" sponsored by the Atlantic City DHHS will be held at the Richmond Ave School, 6-8 p.m. Contact Ms. Rivera 609 347-5504.

EAST ORANGE—"Seniority Services Supper Club Bash" to help meals for seniors will be sponsored by the East Orange General Hospital. Call 201-266-4454.

CAMDEN—Camcare Health Corp.-OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104, 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609 541-2229.

METUCHEN—"Making Life Better for African-American Professionals" (recommended for African-American males) from 7-8:30 p.m., ongoing. To register call Dr. Avis Ellis 908-566-2988.

JERSEY CITY—"Community Networking Forum" sponsored by the Jersey City Medical Center to be held at JCMS, 50 Baldwin Ave, 10 a.m.-12 noon. Call 201-915-2040.

JERSEY CITY—Kaleidoscope Health Care, Inc. will have Health Screenings at 127 Lafayette St/School Park 22 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton 201-451-5425.

CAMDEN—"Women's Cancer Screening Project: Ed Breast & Cervical Cancer" sponsored by the Cancer Center of Southern NJ Chambers Ave 10 a.m.-2 p.m. Contact Rachel Muncie 609-365-9080.

ELIZABETH—"Kid I.D. Program" will be sponsored by Elizabeth General Medical Center George F. Billington E. Conf. Ctr. 925 E. Jersey St from 2-7 p.m. Contact Victoria Allen 908-558-6167.

THURSDAY SEPTEMBER 22

PERTH AMBOY—"HIV/AIDS Prevention Programs" (English & Spanish) at the Perth Amboy Adult School from 9-11 a.m. & 12-2 p.m. Contact Ms. Cruz 908-826-3360 ext 350, 351.

MONTCLAIR—The COPE Center, Inc. will have an AIDS Support Group for caregivers at the Center. Contact Mr. Trabucco 201-783-6323.

PATERSON—"Healthy Hair" blood pressure screening sponsored by the Paterson Healthy Heart Program at Lena's Unisex Salon, 459 River St, 1-3 p.m. Contact Ms. Schley 201 881-3938.

ENGLEWOOD—AIDS/STD Awareness given by the Englewood Health Dept. at Dwight Morrow High School 10:30 a.m.-12:30 p.m. Ms. Dennison 201-568-3450.

ORANGE—The Cathedral Family Academy will have School Plus Teen Health Work ongoing from Sept. -June at 80 Main St from 4:30-6:30 p.m. Contact Grace Narcisse 201-677-2586.

HEALTH MONTH CALENDAR

American males) 7-8:30 p.m., ongoing. Toregal Dr. Avis Ellis, 908-566-2988

HACKENSACK—Valley Home Care, Inc./American Red Cross will have a talk on support/education for young parents at the Hackensack Red Cross Chapter, 4:30-6 p.m. Contact Diane Larkins 201-652-3210

JACKSON—NJMS Community 2000/NJ Medical Pool will have "Community 2000/Health of the Seniors: The Newark Clergy's Perspective" at South Orange Ave/Univ. Heights. Contact Dr. Dunston 201-882-3854/3855

WEDNESDAY, SEPTEMBER 12

CLINTON—Blood Pressure/Vision Screenings will be given at the Gloucester Township Municipal Bldg., Chewa Landing Road, 9-11 a.m. and at the Gloucester Presbyterian Church, 3513 Marnell Ave., 10 a.m. to 1 p.m. Sponsored by the Camden County DHHS. Contact Ms. Sosiak 609-665-7274

ATLANTIC CITY—A "Health Fair" sponsored by the Atlantic City DHHS will be held at the Richmond School, 6-8 p.m. Contact Ms. Rivera 609-5504

EAST ORANGE—Seniority Services Support "Be Bash" to help meals for seniors will be sponsored by the East Orange General Hospital 201-266-4454

CLINTON—Camcare Health Corp. -OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104 from 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609-541-2229

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ATLANTIC CITY—"Kid I.D. Program" will be sponsored by Elizabeth General Medical Center George F. F.ington E. Conf. Ctr. 925 E. Jersey St 10a-2p.m. Contact Victoria Allen 908-558-6167

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PERTH AMBOY—"HIV/AIDS Prevention Programs" (English & Spanish) at the Perth Amboy Adult School 9-11 a.m. & 12-2 p.m. Contact Ms. Cruz 908-6336 ext 350,351

CLINTON—The COPE Center, Inc. will have an AIDS Support Group for caregivers at the Center. Contact Mr. Trabucco 201-783-6323

PATERSON—"Healthy Hair" blood pressure screening sponsored by the Paterson Healthy Heart Program at Lena's Unisex Salon, 459 River St. 1-3 p.m. Contact Ms. Schley 201-881-3938

ATLANTIC CITY—AIDS/STD Awareness given by the Englewood Health Dept. at Dwight Morrow School 10:30 a.m.-12:30 p.m. Ms. Dennison 61-568-3450

ATLANTIC CITY—The Cathedral Family Academy will have School Plus Teen Health Work ongoing from Sept.-June at 80 Main St from 4:30-6:30 p.m. Contact Grace Narcosse 201-677-2566

WILLINGBORO—The Heureka Center will have health education and counseling at the Willingboro Public Schools. Contact Vernon Daly 609-871-8337

ORANGE—Visiting Nurse Association will have Community Blood Pressure and Nutrition Screening at YWCA of Essex/W. Hudson, 395 Main St from 5-8 p.m. Call 201-672-9500

CLINTON—Camcare Health Corp. -OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104 from 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609-541-2229

JERSEY CITY—"Community Health Day" sponsored by JCMS/Liberty Healthcare Sys./Hudson Prenatal Const. in the main auditorium of JCMS, 50 Baldwin Ave from 1-4 p.m. Contact Carol Greene 201-915-2040.

FRIDAY, SEPTEMBER 23

PATERSON—Wayne General Hospital will have a "Hypertension Education Program at College Blvd. & Broadway from 12-4 p.m. Contact Ms. Giambrone 201-956-3771

PLAINFIELD—"Research, Training and Career Opportunities in Public Health" presented by Richard Lynch at Plainfield High School, rm. 284, 9-10:00 a.m. Sponsored by NJ Graduate Program in Public Health. Contact Tsering Yangdon 908-932-0194

CLINTON—Camcare Health Corp. -OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104 from 9 a.m.-2 p.m. Contact Dr. Debra Larkins 609-541-2229

JERSEY CITY—Kaleidoscope Health Care, Inc. will have Health Screenings at 127 Lafayette St/School Park 22 10a.m.-2p.m. Contact Jeffries/Matt Hamilton 201-451-5425

SATURDAY, SEPTEMBER 24

NEW BRUNSWICK—"Reaching Out to People of Color"—Community Fun/Health Fair sponsored by the Eric B. Chandler Health Center 225 Comstock St 10 a.m.-4 p.m. Contact Ms. S. Ouma 908-235-7296

TINTON FALLS—"STARS"—Students Take A Right Stand workshop sponsored by the National Council on Alcoholism and Drug Dependence of Monmouth Co. at the Holiday Inn from 9 a.m.-3 p.m. Contact Ms. Motola 908-576-1800

PASSAIC—General Health Assessment: nutritional analysis, health screenings will be sponsored by Passaic Beth Israel Hospital at President Supermarket from 11 a.m.-4 p.m. Contact Ms. Masci 201-365-5220

PATERSON—"National Minority Health Month Fair" will be at the Francis Xavier Graves Family Health Center 21 Market St from 9 a.m.-4 p.m. Contact Ms. Anderson 201-881-7158

EAST ORANGE—Citizens for Safe, Strong and Free Children will have "Home Safe! Home Free!" Home safety program for parents and children 11 Long Street from 2-6 p.m. Contact Ms. Madeline Hargrove 201-674-6560

BURLINGTON—The Heureka Center will have "Stop Smoking" classes at Burlington Seventh Day Adventist Church Ellis & Conover St from 7-8:30 p.m. Contact Dr. Daly 609-871-8337 or Pastor C. Boling 609-499-2219.

ESSEX—"Community Walkathon" to benefit AIDS patients sponsored by Essex Valley Healthcare, Inc. Call 201-266-8510.

EAST ORANGE—"Prostate Cancer Screening" at East Orange General Hospital Family Health Center call for appointment 201-674-3500.

DOVER—The Morris County Organization for Hispanic Affairs will have a "Health for All" Community Fair at 95-97 Bassett Highway from 9 a.m.-4 p.m. Contact Doly Parra 201-366-2501.

PERTH AMBOY—"Kids Health Expo '94" at 100 First St from 10 a.m.-3 p.m. sponsored by PRAHD. Contact Deborah Piggins 908-442-1081.

PATERSON—The American Red Cross of Essex & Passaic will host a R.A.P. (Reaching Adolescents & Parents) from 10 a.m.-12 noon. Contact Ann Chambers 201-678-0800.

NEWARK—"Stress Management Workshop for Students" at 185 So. Orange Ave., Univ. Heights, Rm. MSB 8555 8a.m.-4:30p.m. Contact Ms. Gelene 201-982-3854/3855. Sponsored by the Hispanic Center of Excellence/NJ Medical School.

VINELAND—"Latinos Improving Own Health (L.O.H.) Health Fair" sponsored by Casa PABEL, Inc. at 511 Grape St from 12-4 p.m. Contact Claribel Bernard 609-692-2331

PASSAIC—Cared Hospital Center will have Prostate Cancer Screening at the Hospital Clinic, 8a.m.-12 noon. Contact Ms. O'Connor 201-365-4321.

WEST TRENTON—Morris Medical Center will have a 3K Walk-a-Thon beginning at 9 a.m. It will start at the Medical Center and continue on through West Trenton. Contact Pat Nelson 609-394-4049.

SUNDAY, SEPTEMBER 25

EAST ORANGE—Reduced fee mammography screenings at East Orange General Hospital. To schedule an appointment call 201-673-8350

JERSEY CITY—"Liberty Waterfront Run" sponsored by the Jersey City Medical Center at Liberty State Park at 9 a.m. 201-915-2040

EDISON—The NJ Federation of Philippine Societies will host a "Health Fair" at St. Matthews the Apostle Church, Seymour Ave from 9 a.m.-2 p.m. Contact Beatriz Miranda 201-335-3847

MONDAY, SEPTEMBER 26

NEWARK—"Student Health Awareness, adolescent health issues" sponsored by UMDNJ-Family Planning Project/School Based Program at the Technical Career Center 91 West Market St from 8 a.m.-2:30 p.m. Contact Cindy Gonzalez 201-824-1990.

ELIZABETH—The American Cancer Society will have a "Fresh Start" Facilitator Training at the ACS Union County Unit, Westminster Ave from 6-8 p.m. Contact Joan Howlett 908-354-7373.

BURLINGTON—The Heureka Center will have a Stop Smoking Class at the Burlington Seventh Day Adventist Church Ellis & Conover St from 7-8:30 p.m. Contact Vernon Daly 609-871-8337 or Pastor Boling 609-499-2219

609-499-2219

EAST ORANGE—Reduced fee mammography screening at East Orange General Hospital. To schedule an appointment call 201-673-8350

CAMDEN—Camcare Health Corp. -OBGYN will have free urine pregnancy tests at 3 Cooper Plaza, Suite 104, Camden from 9 a.m.-2 p.m. Dr. Debra Larkins at 609-541-2229.

CAMDEN—Camcare Health Corp. will have vision/hearing screenings from 9 a.m.-2 p.m. at 3 Cooper Plaza, Suite 104. Contact Terry LaBron 609-541-8132

JERSEY CITY—Kaleidoscope Health Care, Inc. will have Health screenings at 127 Lafayette St/School Park 22 from 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton 201-451-5425

CAMDEN—Camden County Division for Children has info on store health, 1300 Admiral Wilson Blvd. Contact Dr. Barrow 609-968-4260

TUESDAY, SEPTEMBER 27

CLINTON—Passaic County Council on Alcoholism and Drug Abuse Prevention, Inc. will have a symposium from 9 a.m.-4 p.m. on "Disinfecting Barriers, Discovering Dreams" at the Clifton Ramada Hotel, 265 Route 3 East, registration starts at 8:30 a.m. Contact Ms. Freiling 201-473-3366.

MONTCLAIR—COPE Center, Inc. will have an AIDS Support Group (People Living with AIDS) at St. John's Episcopal Church from 7-9 p.m. Contact Mr. Trabucco 201-783-6323.

CAMDEN—Hypertension Treatment sponsored by the Camden County Department of Health & Human Services at the East Camden Family Practice Center, 26th and Federal Streets, 1-4 p.m. Contact Ms. Sosiak 609-665-7274.

of Health & Human Services at the East Camden Family Practice Center, 26th and Federal Streets, 1-4 p.m. Contact Ms. Sosiak 609-665-7274.

PATERSON—"Read the Label Before You Put It On Your Table" tour sponsored by Paterson Healthy Heart Program will be at C-Town, 20th & Market Streets, 10 a.m.-12 noon. Contact Ms. Schley 201-881-3938

NEWARK—"Student Health Awareness, adolescent health issues" at the Technical Career Center, 91 West Market Street from 8 a.m.-2:30 p.m. Sponsored by UMDNJ-Family Planning Project/School Based Program. Contact Cindy Gonzalez 201-824-1990.

JERSEY CITY—The JC AIDS Task Force, Anniversary Observance Program will be at City Hall Chambers, 280 Grove St from 9:30 a.m.-12 noon. Contact 201-547-6807/6944.

BURLINGTON—The Heureka Center will have a Stop Smoking Class at the Burlington Seventh Day Adventist Church, Ellis & Conover St from 7-8:30 p.m. Contact Dr. Daly 609-871-8337 or Pastor C. Boling 609-499-2219

EAST ORANGE—Reduced fee mammography screening at the East Orange Gen-

eral Hospital. To schedule an appointment 201-673-8350

CAMDEN—Free urine pregnancy tests at Camcare Health Corp. -OBGYN 3 Cooper Plaza, Suite 104 from 9 a.m.-2 p.m. Contact Dr. Larkins 609-541-2229

LONG BRANCH—"Making Life Better for African-American Professionals" (recommended for African-American males) from 7-8:30 p.m., ongoing. To register Dr. Avis Ellis 908-566-2988

HACKENSACK—Valley Home Care Inc. and the American Red Cross-Hackensack Chapter will host a talk on support/education for young parents. Contact Diane Rayson 201-652-3210

CAMDEN—Vision/hearing screenings at the Camcare Health Corp. 3 Cooper Plaza, Suite 104, from 9 a.m.-2 p.m. Contact Terry LaBron 609-541-8132

NEWARK—Community 2000/Health of the City Series topic "Newark Health Dept. Perspective" at 185 South Orange Ave. Contact Dr. Dunston 201-982-3854/3855.

WEDNESDAY, SEPTEMBER 28

PENNSAUKEN—"Stress Management Course" sponsored by the Camden County Dept. of Health & Human Services to be held at the Pennsauken Adult School, Hilton Road from 7-9 p.m. Contact Ms. Sosiak 609-665-7274

ATLANTIC CITY—"Health Fair" at Stanley Village Homes sponsored by AC Dept. of Health and Human Services to be held at the Pennsauken Adult School, Hilton Road from 7-9 p.m. Contact Ms. Sosiak 609-665-7274

KEARNY—There will be a Kearny Senior Health Expo at the Senior Citizen Center, 60 Columbia Ave from 10 a.m.-2 p.m. Sponsored by the Kearny Health Dept.

BURLINGTON—The Heureka Center will have a Stop Smoking Class at the Burlington Seventh Day Adventist Church, at Ellis & Conover from 7-8:30 p.m. Contact Dr. Daly 609-871-8337 or Pastor C. Boling 609-499-2219

EAST ORANGE—There will be a reduced fee mammography screening at East Orange General Hospital. For an appointment call 201-673-8350

—Free urine pregnancy tests at Camcare Health Corp., 3 Cooper Plaza, Suite 104. Contact Dr. Larkins at 609-541-2229

CAMDEN—Vision/hearing screenings at Camcare Health Corp., 3 Cooper Plaza Suite 104. Contact Terry LaBron 609-541-8132

TRENTON—"Recognizing and Understanding Family Violence and Abuse" given by the Family Growth Program of Catholic Charities Diocese of Trenton at the Puerto Rican Association 360 S. Broad St from 7-8:30 p.m. Contact Roberto Hernandez 609-394-5157

METUCHEN—"Making Life Better for African-American Professionals" (recommended for African-American males) 7-8:30 p.m., ongoing. To register call Dr. Avis Ellis 908-566-2988

JERSEY CITY—The Jersey City Medical Ctr./Liberty Healthcare System Screening/Information booths at Hudson Co. Business Trade Show, Liberty State Park, Central Railroad Terminal from 10 a.m.-3 p.m. Contact Carol Greene 201-915-2040

JERSEY CITY—Kaleidoscope Health Care, Inc. will have Health Screenings at 127 Lafayette St/School Park 22 from 10 a.m.-2 p.m. Contact Carrie Jeffries/Matt Hamilton 201-451-5435.

Sickle Cell: early detection and diagnosis saves lives

The life of people with sickle cell disease is much longer today than it was twenty years ago, and physicians like Richard Sills, MD, director of pediatric hematology and oncology at United Hospital's Children's Hospital of New Jersey, says, "it's because of comprehensive sickle cell treatment centers like ours."

The center, located in the Valerie Children's Center on the fifth floor, cares for more than 200 infants, children, and adolescents with sickle cell disease. United's sickle cell center is the largest in New Jersey. According to Sills, early detection of the disease and educating parents has continually saved the lives of more children each year. "It is well documented that comprehensive sickle cell treatment centers like the one at Children's save lives," said Sills. "Sickle cell is now recognized in the first weeks of life, enabling us to educate families about what complications can occur and how to recognize them early enough to allow for effective treatment."

Sickle cell disease largely affects African Americans and Hispanics. It is caused by an abnormal hemoglobin inside red blood cells, which causes the cells to change from the more round shape of normal cells to a "sickle," resembling a crescent moon. These cells can become trapped in many parts of the body, causing unpredictable episodes of extreme pain and many other complications including:

- **Dangerous infections:** when a patient develops a fever, it may mean that a dangerous infection is present which can rapidly cause death, said Susan Pratner, a registered

nurse and clinical educator for the sickle cell program. Advice given to parents is to contact the doctor immediately and to give fluids, but not to give any medication (such as Tylenol), to bring down the fever. "The first thing parents want to do is to try and reduce the fever by giving a child Tylenol. In the case of a child with sickle cell, however, Tylenol may reduce the fever, but hide a dangerous infection."

- **Rapid enlargement of the spleen:** For children with sickle cell, blood often does not circulate through the spleen properly, causing it to fill up with blood. This usually happens in infants and small children, and when it occurs, can happen very suddenly and become life-threatening quickly. Parents are taught to feel the size of the spleen, said Pratner, referring to a parent who did just that and brought the child to the emergency department of the hospital. The child did have enlargement of the spleen and was able to recover fully because the parent was able to recognize the problem.

- **Rapid breathing:** Because "sickle" cells do not carry oxygen very well, patients often endure pneumonia.

Other acute illnesses resulting from sickle cell disease include: stroke, liver disease and kidney disease.

Medical treatment consists of antibiotics, providing lots of fluids and at times utilizing other treatments, including blood transfusions. Education of patients and families, however, remains extremely important. In

addition to individual teaching sessions, Pratner coordinates a number of support groups for sickle cell patients and their families so they can learn how to cope with painful crises and manage their disease better. These support groups include:

- **Parents of infants and toddlers:** this group meets monthly. Between 12 and 20 families meet with each other to discuss any problems and helpful hints on taking care of their children with this disease. Child care is provided for those with other younger children.
- **School age children and their parents:** This support, which also meets monthly, is divided into two groups. The children meet with each other to share their experiences in the hospital and any other problems. Pratner uses props and other toys to educate the patients about sickle cell. The patients meet with each other to discuss any social

problems that they may be dealing with.

- **Adolescent and parent support group:** According to Pratner, this is the most active group. The monthly group of teenagers meets to discuss psychological issues including establishing relationships and the threat of passing sickle cell genetically.
- **Mentorship support group:** This is the newest of all support groups and is based on the concept of big brother/little brother and big sister/little sister pairing. Younger sickle cell patients are matched with older ones so that they can share experiences.

There is no simple cure yet. Treatment decisions are tailored to the needs of each patient, while researchers continue to develop a simple, safe and effective means to correct the inherited abnormality that causes sickle cell anemia.

HB NUTRITION

Healthy eating makes a difference

Eat smart and reduce your risk of cancer

What you eat does have an effect on your overall health and can reduce your risk of cancer and other diseases. Lower fat foods and recipes can be enjoyable and ones you'll savor for life. In general, fat should make up no more than 30% of the calories in your total diet.

Deciding to reduce the fat in your diet is a big first step toward healthy eating. It means making changes in the way you cook, in the ingredients you use, in serving sizes.

These don't have to be big changes. The little things add up and are the one you can live with—like using non stick cooking spray rather than oil or substituting skimmed milk for 2% milk.

A family favorite recipe can be slimmed down in a variety of ways.

Fat reduction: often the fat called for in a recipe can be reduced by 1/4 to 1/3 or even omitted with little change in flavor. When you cook with less fat, add herbs, spices, extracts, etc. to boost flavor. For example, instead of adding butter to corn, try hot pepper sauce for added flavor.

Preparation technique: Substitute low-fat cooking methods such as steaming, baking, roasting, grilling, boiling or microwaving for high-fat cooking methods such as frying and pan frying.

Reduce serving size: A smaller portion can dramatically change the amount of fat and calories one consumes. For example, cut a pie into 8 or 10 pieces instead of 6; reduce a serving of red meat to 2 to 3 oz., which is about the size of a deck of cards.

Substitution: Use lower-fat ingredients for high-fat ingredients whenever possible. For example, use light mayonnaise or light cream cheese in place of high-fat counterparts or serve chicken or fish instead of red meat. Moderation is the key to successfully reducing the fat in your diet.

guidelines:

- Avoid obesity. (May reduce risk of uterine, breast, gall bladder, colon cancers.)
- Eat a varied diet. (A varied diet eaten in moderation offers the best hope in lowering your risk of cancer.)
- Include a variety of vegetables and fruits in your daily diet. (May reduce risk of colorectal, stomach, esophagus, larynx, lung cancers.)
- Eat more high-fiber foods such as whole grain cereals, vegetables, and fruits. (May reduce risk of colon cancer.)
- Cut down on total fat intake. (May reduce risk of breast, prostate, colon cancers.)
- Eat less smoked, salted, and nitrite-cured foods. (May reduce risk of esophagus, stomach cancers.)
- Greatly restrict alcohol consumption, if you drink at all. (May reduce risk of throat, liver, larynx, esophagus, oral cancers, and possibly other cancers, such as breast, pharynx and stomach.)



Reduce your cancer risk by following these

Hospital Center at Orange Celebrates Minority Health Month!

Super Health Sunday

September is Minority Health Month, and Hospital Center at Orange invites you to participate along with us on Super Health Sunday, September 18! HCO's experienced staff will be presenting free health screenings and programs at area churches and in the Hospital's Main Lobby (South Essex Ave. entrance) and New Jersey Orthopaedic Hospital Lobby (Central Ave. entrance) from 1 pm to 3 pm, on this very special Sunday. Topics will include:

- Hypertension
- Prostate cancer awareness
- AIDS/HIV
- Diabetes
- Women's & children's health
- Asthma
- Breast cancer awareness
- Nutrition

• And many others!

CALL 266-2025 FOR INFORMATION
ALSO!

MEN 40 AND OVER, A ONE MINUTE EXAM COULD SAVE YOUR LIFE.
FREE PROSTATE CANCER SCREENING CLINIC!
INCLUDES DIGITAL RECTAL EXAM AND PSA BLOOD TEST
SATURDAY, OCTOBER 1
CALL 266-2180 FOR AN APPOINTMENT!

 **Hospital Center at Orange**
188 South Essex Avenue, Orange, N.J. 07051

Columbus Hospital enhances surgical services

Columbus Hospital's state-of-the-art Surgical Services Unit has continued its commitment to increasing the quality and type of services it offers to patients. Last year, the Surgical Services Unit in the Luciano Pavarotti Pavilion made its debut as one of the finest facilities of its kind in the state and continues to enhance its capabilities.

The Hospital offers a comprehensive array of services for virtually all types of general through specialty surgeries, including orthopedic, ophthalmologic, urologic, podiatric, vascular, gynecologic, pediatric, neurologic and plastic surgery.

Many of the surgical procedures can be performed on a "same day" basis. Columbus has invested in the equipment, facilities and staff support that allows it to offer a wide range of same-day general and specialty surgical

services. Patients are admitted, have surgery and are discharged within 24 hours or less—and have speedier recovery times. Many people can resume normal activities within just a couple of days.

According to Dr. Ralph Vellon, R.N., director of Surgical Services, "our Same Day Surgery Unit has been designed for maximum comfort and convenience. Our patients are admitted, have surgery performed and then are discharged all from the same area; there is no need to spend extra time, make extra trips to the hospital or incur unnecessary costs. We have

the facilities to give our patients excellent care with minimum inconvenience."

The Hospital's commitment to expanding and enhancing its array of surgical services is also evidenced by new capabilities in areas like Urology, where specialized equipment and facilities, including a cystoscopy room allow for the most up-to-date surgeries to be performed. Special lasers, like the "Candela" laser for lithotripsy procedures—allow for the safest, fastest and most effective treatment of kidney and ureteral stones available today. Prostate conditions are treated with the latest

technology—including the special "YAG" laser—which is also used for general gynecological and orthopedic surgeries.

Not only are the laser surgeries effective, they have the benefit of much faster recovery times. "These kinds of procedures would require several days in the hospital and two to three weeks for full recovery before lasers and other technology came into play," says Columbus staff urologist, Dr. Patrick Manze. "Now these procedures can be done in 24 hours and people have a complete recovery period of just a few days."

Muhlenberg. The Regional Medical Center For Healthy Living.

EXERCISE YOUR HEART

The race factor

(Continued from page 4)

that helps convert sugar into energy for the body.

Seven million people have been diagnosed with diabetes in the U.S. and another 5 million are estimated to unknowingly have the disease.

In the U.S., Mexican Americans have rates of diabetes that are more than twice that of the white population. Much research has focused on the PIMA Indians of Arizona, who have the highest rate of NIDDM in the world (more than 45% of the population has diabetes). In addition to higher incidence of the disease, Mexican Americans are more likely to have severe disease. And African Americans are 55% more likely than whites to develop diabetes.

The causes of diabetes are believed to be genetic, but to date no genes have been identified. The disease runs in families, but recent research suggests that this may not be the result of genetics alone.

According to a number of studies, fetal nutrition may impact upon the development of diabetes later in life. A study of Pima Indians showed an increased risk of NIDDM in adults who were low birth weight babies. Another study of Mexican Americans showed a relationship between low birth weight and the "insulin resistance syndrome" associated with diabetes and other diseases. Diabetes researcher Dr. C. N. Hales of Cambridge University suggests that in the womb, a nutritional environment lacking adequate protein may affect the development and "programming" of insulin-producing cells, which could predispose a person to diabetes later in life.

"That's a theory that has merit, but it may not be the cause in all populations," says Dr. W. Y. Fujimoto of the University of Washington in Seattle. Dr. Fujimoto is studying NIDDM in Japanese Americans and is examining genetic markers for the disease.

Reducing the death rate for heart disease, cancer and diabetes by just 10% would save more than 125,000 lives each year. In the future, credible medical research may become the key to creating a more effective medical care for everyone.

Lynne Taylor is a freelance writer and Public Affairs Specialist for Memorial Sloan Kettering Cancer Center in New York.

The Benefits of Exercise

There's no getting around it: exercise truly is an ideal way to build a stronger, more healthy heart. In addition to improving your stamina, exercise helps prevent heart disease by burning excess fat, lowering high blood pressure and reducing the amount of "bad" (LDL) cholesterol in your body while raising the amount of "good" (HDL) cholesterol.

It's Never Too Late

Even if your physician tells you your arteries are partially clogged, exercise can encourage the blood vessels to open up and grow. "This is called collateral circulation," explained Edwin Blumberg, M.D., director of the Cardiac Catheterization Laboratory at Muhlenberg. "Essentially, it's like the roots of a tree that connect. When the trunk gets cut off in one part of the tree, it still gets oxygen supplied by other roots." If a heart attack strikes, collateral circulation may significantly minimize any damage done.

Exercise, in combination with a diet that is low in saturated fat,

can make a difference, regardless of a person's age. Veerappa Byahatti, M.D., an attending cardiologist at Muhlenberg, with a practice in South Plainfield, says,

"It doesn't matter how old you are when it comes to trying to control your cholesterol level or cutting down on the risk factors that could cause a heart attack."

The Next Step

Dr. Blumberg recommends that men over 40, women past menopause and anyone who has questions or concerns should see a physician before starting an exercise program. For these groups, a stress test is advisable, even if no risk factors for heart disease are present.

Muhlenberg offers a full range of diagnostic and treatment services to help you get on with the business of living. For a referral to a cardiologist on staff at Muhlenberg, call HealthLink, our free, confidential 24-hour physician referral service, at (908) 668-3000.

Eight Easy Ways to Reduce Your Risk of Cardio-Vascular Disease

- Exercise regularly
- Reduce tension and stress
- Control high blood pressure
- Don't smoke
- Reduce cholesterol levels
- Be screened for diabetes
- See your doctor regularly
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City News-Heartbeat

UMDNJ celebrates Minority Health Month

In recognition of Minority Health Month, the University of Medicine and Dentistry of New Jersey (UMDNJ) will host educational events throughout the month of September. All events are free and open to the public.

The following events will be held at UMDNJ's Newark campus.

September 10: A stress reduction seminar will be held from 10 a.m. to noon in Room B515 of the Medical Science Building.

September 14: A health fair focusing on health and wellness for both children and older people will be held from 9 a.m. to 3 p.m. in the courtyard of UMDNJ-New Jersey Medical School.

September 16: A presentation on the philosophy of The Delaney sisters, authors of the book *Having Our Say*, will be held from 11:30 a.m. to 12:30 p.m. in the 9th Floor multipurpose room of the Martland Building. A discussion of myths and realities of menopause will follow. A seminar on the health of the city of Newark will be held at 1 p.m. in Room B556 of the Medical Science Building.

September 17: An educational seminar on diabetes will be held from 9 a.m. to noon in Room B515 of the Medical Science Building.

September 18: A seminar exploring minority health issues will be held at 4 p.m. in Room B610 of the Medical Science Building.

September 20: A discussion of the Newark clergy's perspective of the health of the city will be held at 1 p.m. in Room B556 of the Medical Science Building.

September 23: A presentation on the accomplishments of the poet and playwright Maya Angelou will be held from 11:30 a.m. to 12:30 p.m. in the 9th Floor multipurpose room of the Martland Building.

ing. A discussion on tuberculosis will follow.

September 24: A stress management workshop for students will be held from 8:30 a.m. to 4:30 p.m. in Room B515 of the Medical Science Building.

September 26: A student forum on minority health issues will be held from noon to 2 p.m. in Room B515 of the Medical Science Building.

September 27: A discussion of the Newark Health Department's perspective of the health of the city will be held at 1 p.m. in Room B556 of the Medical Science Building.

September 28: A minority health research symposium will be held from 6 p.m. to 9 p.m. in Room B515 of the Medical Science Building.

September 29: The adolescent medicine division of UMDNJ-New Jersey Medical School will hold an open house

from 10 a.m. to noon at the Georgia King Village Homes.

A grand rounds discussion on the plight of AIDS orphans will be held at noon in Room B515 of the Medical Science Building.

September 30: An open house focusing on health promotion techniques will be held from 4 p.m. to 6 p.m. in Room 4600 of the Doctor's Office center, 90 Bergen St.

The following events will be held at UMDNJ's Piscataway and New Brunswick campuses.

September 13: Drs. Howard Kipen and Daniel Wartenberg of the Department of Environmental and Community Medicine will discuss whether minorities are at higher risk for occupational cancer. The event will be held at 1 p.m. in Room A of the EOHHSI building, in Piscataway.

September 23: Richard Lynch, a public health student, will discuss research and

career opportunities in public health at 9 a.m. in Room 264 of Plainfield High School, in Plainfield.

Carmen Lopez, a health/sexuality educator with the Planned Parenthood League of Middlesex county, will offer advice on communicating with Latino families at 2 p.m. in room 108B of the Medical Education Building of the UMDNJ-Robert Wood Johnson Medical School, in New Brunswick.

September 24: A health fair focusing on community health will be held from 10 a.m. to 4 p.m. at the Eric B. Chandler Health Center, in New Brunswick. Staff members of the health center will provide free cholesterol screening, immunizations and foot and dental exams.

Healthy foods will be available for purchase. Michelle Orlick and Linda Shanabrook, both nurses with The Cancer Institute of New Jersey, will hold an educational session on giving self-breast examination.

Early breast cancer warning (Continued from page 5)

Monthly breast self-examinations are best performed about one week after your period, either lying flat on your back, or in the shower. By performing monthly self-exams, you become familiar with the normal shape of your breasts—increasing the chance that you will discover a suspicious lump.

In addition to lumps, other warning signs to look for include inverted nipple, skin swelling, nipple discharge, superficial veins or skin dimpling.

A physical exam, performed by a qualified health professional, involves a thorough inspection of your breasts, chest, and underarms. Most doctors recommend a physical exam at least every three years between the ages of 20

and 40. After 40, you should have a physical exam once a year.

Of the three breast screening activities, mammography has the greatest early detection capabilities.

Mammograms are safe, painless, low-dose X-rays that can effectively detect lumps in the breasts up to two years before a physical exam can detect them.

When should a woman start getting mammograms? That is a matter of some difference of opinion for women between the ages of 40 and 50. Despite some controversy, the American Cancer Society maintains its guidelines, which call for women to have a baseline mammogram at age 40 and a screening mammogram every other year between 40 and 50.

Dr. Jutta Greweldinger of the Center for Breast Imaging points out that one third of all breast cancers are diagnosed in women under 50. For this reason Drs. Greweldinger and Eliot both advocate annual mammograms for women beginning at age 40.

"We would do a great disservice to women under 50 if we stopped screening them and let their cancer grow," said Dr. Greweldinger. "By the time these women are in their 50s, the cancer may reach a stage where a cure is much less likely. Younger women also tend to have more aggressive breast cancers, which are spurred by the hormones their bodies are still producing."

This should be especially important for black women, considering that studies have shown that breast cancer seems to strike black women under the age of 45 at a particularly high rate and to be especially deadly.

Dr. Eliot also addresses the issue of fear that so often stops women from pursuing early detection.

"It's ironic that women often avoid the very thing that can really help them," said Dr. Eliot.

"Sometimes women avoid

mammograms because they are afraid the mammogram will find something. However, it's the mammogram's ability to detect breast cancer while it's still a treatable condition that holds out the greatest hope for women.

"With an early detection comes options that might not exist if cancer is found at a later date. As Dr. Bernard Gardner, a surgical oncologist at UMDNJ-University Hospital and professor of surgery at the Medical School explains.

"Fortunately, because of the increased use of mammography, we are detecting many tumors before they have a chance to invade the surrounding breast tissue. For these women a less-aggressive approach to treatment is possible."

For example, a woman with early stage breast cancer can take advantage of less disfiguring, less radical forms of surgery and therapy, such as segmental mastectomy where the lump, its surrounding tissue, and some of the underarm lymph nodes are removed, as opposed to the whole breast.

Another issue that might stand in the way of early detection is a person's comfort level with the process. Breast screening involves an area of great sensitivity to many women and the Center for Breast Imaging at the DOC strives to put women at ease.

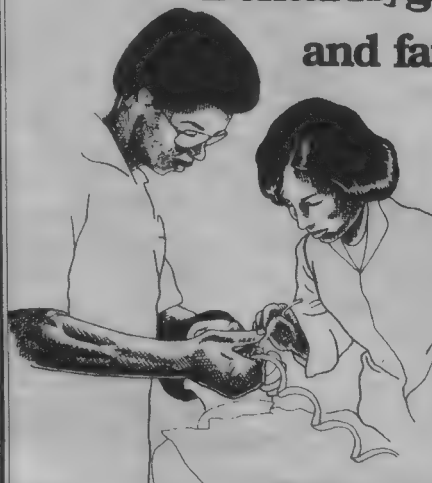
"The all-female staff does everything possible to make the experience a positive one for women," explains Dr. Eliot. In addition to comfort, the center also commits itself to making the highest level of care available to the widest possible population.

The center deliberately provides its mammogram for just \$60, far below the typical cost of \$100-\$150 or more, so that this procedure is accessible to all women.

At the center, a radiologist reviews your mammography film, discusses the results with you individually, and you leave knowing the results.

For more information, call the Center for Breast Imaging, at 201-982-2878.

Don't miss October HEARTBEAT focusing on Dental Hygiene and family health



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Saving our lives: black women fighting heart disease

The fact that women have not been represented in clinical studies of heart disease is well documented. However, "women" refers not to all women but usually to white women. That means that the lack of data about African-American women and heart disease is even more pronounced.

It is well known that African-Americans in general have a higher rate of coronary heart disease than whites, so that places black women in double jeopardy—first because they are black, and second, because they are women. Along with all women, they share the sex-specific risk factors of age, hormonal status, smoking, high levels of LDL, low levels of HDL, hypertriglyceridemia and psychosocial stress. As blacks, they are more likely to have more hypertension-related complications—a higher death rate from stroke; more frequent enlargement

of the left lower chamber of the heart, known as left ventricular hypertrophy; and strikingly more end-stage kidney disease.

Why high blood pressure should manifest itself differently in blacks than whites is almost as poorly understood as the differences between men and women. Recent news reports from the Ninth International Interdisciplinary Conference on Hypertension in blacks held in June 1994 shed light on a possible physiologic explanation. Pharmacologist Randall Tackett, Ph.D., and his colleagues have come up with direct evidence that African Americans may have less flexible blood vessels than

whites, which would increase blood pressure. This may explain why drugs like beta blockers,

which regulate heart rate but do not relax blood vessels, are not very effective anti-hypertension drugs for African Americans.

Beyond that, the complexity of the issue is revealed in a study of 1,719 consecutive black cardiac patients (780 men and 939 women) at an inner-city public hospital in Chicago. The research looked at three categories of patients: those who had cardiac catheterization for presumed coronary heart disease,

hospitalization for heart attack or coronary bypass graft surgery (CABG). The findings

show that black women—even in comparison to black men, at least in this sample—fare worse on a number of parameters. Diabetes was more common in the women patients in all three groups. High blood pressure was more prevalent except among those in the CABG subgroup. Women with CHD reported more angina than men, and the CHD-associated risk of cardiac death was higher for women than men.

For reasons that are unclear, more women than men underwent catheterization, which is in contrast with the literature on white women cardiac patients. Also, the numbers of CHD cases confirmed by angiogram were similar between the sexes—also in sharp contrast to the male predominance in most studies among whites. The excess risk of both cardiac and all causes of mortality in women with significant CHD was much greater than among men. The implication: Once overt CHD becomes clinically manifest, black women tend to lose their earlier coronary heart disease-free advantage over black men.

Risk Factors

Black women share with white women all the same risk factors for heart disease with the addition of several more:

High blood pressure: High blood pressure, or hypertension, is more common among blacks than whites. Moreover, it develops earlier and complications are more severe. As a result of poorly controlled high blood pressure, blacks with coronary heart disease frequently have left ventricular hypertrophy, an enlargement of the left lower chamber of the heart, which is an important predictor of mortality. This condition may affect both the incidence and the outcome of cardiac arrest, causing more frequent ventricular arrhythmias and more precipitous hypertension (low blood pressure) in response to irregular heart rhythms or ischemic events. Therefore, early diagnosis and treatment of hypertension is key for averting heart disease among black women. Although high blood pressure control has improved among African-Americans over the past 30 years, uncontrolled high blood pressure requiring emergency care is a grave condition that still occurs most commonly among black patients.

Smoking: In 1990 about 417,000 Americans died of smoking-related illnesses. Among these nearly 20 percent of deaths from cardiovascular disease are attributable to smoking. Smokers' risk of heart attack is more than twice that of non-smokers, and 23 million women smoke. Virtually the same percentage of black women smoke as white women—23.9 percent and 25 percent, respectively. Women who smoke and young women who might consider smoking should know that cigarette smoking is the biggest risk factor for sudden cardiac death. Also smokers who have a heart attack are more likely to die and die suddenly (within an hour) than non-smokers.

Smokers also affect the health of those around them. Nine million children under age five live with at least one smoker and are exposed to secondhand smoke almost the whole day. Each year this "passive smoke" causes up to 300,000 cases of respiratory

(Continued on page 14)



The Silent epidemic

As more American women left the home and went into the workplace, some experts thought that the high stress and fast pace would raise women's risk of heart attack to the level of men.

But it just happened.

In fact, women working outside the home show about the same rates of heart disease as women who don't. But there is a difference in the two groups. The difference lies in the psychological and social factors that seem to predict heart attack.

A 20-year follow-up of women in the Framingham Heart Study showed that, among working women, only social factor was likely to predict the women who later had heart attacks. Those were the working women who perceived their financial status as low compared to their peers. Among homemakers, here are the major psycho-social factors that predicted heart attack:

symptoms of tension and anxiety, being lonely during the day, having trouble falling asleep, infrequent vacations, and the belief that they were prone to heart disease.

New Prescriptions for a Healthy Heart:

Peace and Fulfillment

For years you may have seen media reports about the so-called "Type A" or heart attack-prone personality—hard-driving, competitive, time-driven people often found at the top of the corporate ladder. Yet, research has shown no link between this personality type and heart disease in women.

Instead, as we said above, studies show that a higher risk of heart disease in women is linked with tension, anxiety, worry over money, and the inability to get away and relax rather than ambition or competitive drive.

Another recent study has reported that the more educated a woman is, the

less likely she is to develop heart disease. The better educated women in the study tended to have fewer risk factors for heart disease and took better overall care of their health than less educated women. The latter group had higher blood pressure and cholesterol levels, smoked more cigarettes, and exercised less.

So it may be that the way you respond to your environment is important. Take a look at your lifestyle, your job and family satisfaction, and your ability to deal with tension. Try to find ways to get away and relax often. Do what you can to manage or reduce the stressful factors in your home and your work.

Taking active steps to gain a sense of peace and fulfillment in your life will not only make life richer, it may help protect you from heart disease.

Spreading the word

Most women have no idea that heart disease affects them as much as it does—nor that it has such deadly consequences. Both men and women still seem to believe that cardiovascular disease is a man's problem.

Happily, you can do a great deal to help change the picture. Reading this article is a good start. Why not pass it on to a friend? Then, begin your personal fight against heart disease. Here are some things you can do:

Evaluate your risk factors with regular check-ups. Work to reduce those risk factors you can control. You may need to:

- Cut the amount and kinds of fat and cholesterol in your diet.
- Stop smoking.
- Control high blood pressure.
- Get regular exercise.
- Maintain your ideal weight.
- Take medicine if you need it.

Include friends and family

Encourage them to join you in a healthy way of life:

- Make changes slowly in your family's diet and exercise habits.

- Homemakers, share heart-healthy cooking tips with your neighbors and friends.
- Suggest that your church, synagogue or community group holds a blood pressure screening.
- Students, find partners to exercise with you three or four times a week.

Take action in your community

- Urge the grocery stores and restaurants you visit to offer a wider choice of healthful foods.
- Insist on a no-smoking section in restaurants and in other public places.

Take the fight to your workplace

- Ask for more healthful choices in your company's vending machine or cafeteria.
- Request a no-smoking policy if there isn't one.
- Start a fitness walking club or aerobic exercise class.

If you can do more, do so. You may be in a profession or occupation that can have a positive impact on the health of today's generation and those to follow.

No matter where you work or live, you can also use your special expertise as a volunteer. You may want to take a leadership role or do some work behind the scenes. Please join us to focus attention and action on this important health issue.

How to get more information

While more research must be done on women and heart disease, there's a lot of valuable information you can use now. Contact your local American Heart Association for information about a wide variety of educational programs and publications.

Ask how you can become an active volunteer in the fight against cardiovascular disease and stroke.

Battling blindness in Africa

Former U.S. President Jimmy Carter announced a new World Bank grant program that could eventually prevent 24 million people twice as many as currently protected—from going blind.

The World Bank hopes the program will attract about \$120 million in financing from donors over 12 years to control river blindness (onchocerciasis) in 16 endemic countries in Africa not served by the Onchocerciasis Control Program of West Africa. Chad is one of those countries.

Worldwide, river blindness has robbed more than a million people of their sight and put 126 million people at risk, in some of the poorest countries in the world. Another 18 million people are already infected.

All that is needed to prevent blindness is one dose (one or two tablets) a year of MECTIZAN, a drug discovered and developed by Merck, the world's largest pharmaceutical company.

Seven years ago, Merck pledged to donate the drug for as long as needed to treat river blindness. But because most of the people at risk for river blindness are in remote areas, distribution of the drug was difficult.

So in 1988 Merck joined forces with The Carter Center to administer the MECTIZAN Donation Program. Through this program, the number of people treated worldwide in the past two years doubled—from 5.4 million in 1992 to 11 million projected this year. The World Bank program will help expand the distribution system even further.

That's why Merck Chairman Roy Vagelos, M.D., traveled with President Carter, oversunbaked, red clay roads riddled with potholes amid corn and cotton and millet, to Nia, a village of 500, where virtually everyone has contracted river blindness.

"It makes the effort all worthwhile when you see people lined up, crowding together, to get one little pill," says President Carter. In Chad, Africare, a nonprofit organization, works with the local government to distribute MECTIZAN.

"When you see the lesions on their bodies and the blind stares from their eyes, it's an emotional experience," says Dr. Vagelos. "These people are so thankful, although they don't know quite where the blessing comes from, but you can see it in their faces."

River blindness (onchocerciasis) is a parasitic disease transmitted to people by the bite of the black fly, causing severe itching, skin lesions and, after decades of being bitten up to 10,000 times a day, blindness.

Here's how river blindness is transmitted: A black fly takes microfilariae (microscopic organisms) from an infected person. (People are the only repositories of microfilariae.) Inside the fly, microfilariae evolve into "infective larvae." When the fly bites another person, the fly deposits infective larvae into that person. In people, the larvae can grow up to two feet long, live for more than a dozen years and mate—creating millions of new microfilariae, and the cycle goes on.

lariae, and the cycle goes on.

In 1987, in cooperation with the World Health Organization and working from a soil sample supplied by the Kitasato Institute of Japan, Merck developed MECTIZAN, which paralyzes the microfilariae and stops the disease dead in its track.

"Once we realized how effective MECTIZAN was in treating river blindness, we had a moral obligation to see that it became available to those that need it," Dr. Vagelos says. To date, Merck has donated 29 million tablets, worth more than \$80 million.

"Merck & Co. is one of the finest corporations in the United States," President Carter says. "It has reached that position to a great degree through the leadership of Dr. Roy Vagelos. He has helped prove that a corporation can have a heart and can be deeply concerned with the alleviation of suffering throughout the world."

"The MECTIZAN donation story is a powerful reminder that it is possible to help people change their lives. This unprecedented partnership among private, public and nonprofit organizations has significantly improved the health of millions of Africans who are at risk for river blindness."

"This disease not only causes blindness and reduces life expectancy, but takes a social and economic toll by forcing entire communities to abandon fertile land near rivers to flee black fly infestation. Through the generosity of Merck & Co., and working side-by-side with the

governments of African countries, this destructive cycle can be stopped."

Furthermore, in Africa, resources aimed at delivering MECTIZAN have stimulated expansion of primary health-care services for previously underserved populations. "Onchocerciasis is the disease at the end of the road," Says Dr. Michael Heisler, Director of the MECTIZAN Donation Program.

This year also marks the 20th anniversary of the Onchocerciasis Control Program (OCP), which has involved large-scale but selective spraying of black fly breeding sites in 11 of the 34 countries where river blindness is endemic.

Merck & Co., Inc., is a worldwide research-intensive company that discovers, develops, produces and markets human and animal health products. Its Medco unit is the leading pharmacy benefits management company. Merck is headquartered in Whitehouse Station, N.J., and invested more than \$1.2 billion last year in pharmaceutical research and development.

The Carter Center, a nonprofit organization founded by Jimmy and Rosalynn Carter in 1982, brings people and resources together to promote peace and human rights, resolve conflict, foster democracy and development, and fight poverty, hunger and disease throughout the world.



Saving our lives

(Continued from page 13)

infections such as pneumonia and bronchitis in babies less than 18 months old. Up to 15,000 of them must be hospitalized.

Obesity: It is well known that obesity is a risk factor for heart disease and that it is more common among African-American women than white women. Genetics plays a role, as do diet and exercise patterns as well as different cultural standards of attractiveness. All women gain weight with the passage of years. But black women are on average heavier to begin with, gain more weight in general over the years and specifically with each pregnancy. A five-year heart study of several hundred women between the ages of 18 and 30 at the time of enrollment, found that black women with no children gained 12.8 pounds whereas comparable white women gained less than half—6.0 pounds. Those African-American women who had children during the study period incurred an additional seven-pound excess weight whereas white women put on only an extra four pounds. Both white and black women who had babies finished the study with larger waists in proportion to their hips—usually referred to as the apple shape which is associated with a greater risk of both heart disease and diabetes.

Marital Status: Surprisingly, being divorced or separated is a risk factor for heart disease for black women but not for white. In one study, being married decreased the risk for African-American women while being separated or divorced doubled the risk. According to a Census Bureau report, titled "Marital

Status and Living Arrangements," published in July 1994, there is a trend toward delaying marriage, which is more pronounced in the black community with 22 percent of black women age 40 to 44 never having been married compared with only 7 percent of white women.

Some of the possible explanations for the health benefits of marriage are tied to the economic benefits but also to the emotional support of a spouse, which may help one better adapt to stress. In addition, the relationship exercises some control over negative behaviors—such as drinking, overeating and smoking—and facilitates positive health-promoting behaviors such as getting enough sleep, eating regularly and seeking prompt medical attention when needed.

Cholesterol Levels: The Framingham minority study found lower HDL cholesterol levels in blacks—both men and women—than in whites. As with white women, high total cholesterol levels are a risk factor for black women as well as high LDL levels.

Inactivity: Black women have a much lower rate of physical activity or exercise than do white women. A sedentary lifestyle puts one at a much higher risk for heart disease.

Diabetes: The rates of both Type I and Type II diabetes are higher among blacks than whites. In fact, African-Americans are 1.6 times more likely to have diabetes than whites and experience higher rates of at least three of the serious complications of diabetes: blind-

ness, amputation and kidney failure. Black women are more than twice as likely as white women (8 percent versus 3 percent) to have diabetes. Moreover, one study found that high blood sugar was more common among the 939 black women in the sample—all of whom had coronary heart disease—than the 780 black men.

Lack of Access to Health Care: For a variety of reasons, including lack of access to medical care, black women may be more likely than whites to delay seeking care for potentially serious symptoms of heart disease such as chest pain. This may mean that coronary heart disease has already developed or is more advanced when black women are diagnosed. It also increases the likelihood of having a cardiac-related event such as cardiac arrest occur outside the hospital.

Cardiac Arrest

Perhaps the ultimate symptom of coronary heart disease is cardiac arrest. In a study published in The New England Journal of Medicine within the last year, out-of-hospital cardiac arrests that occurred in Chicago over a year were tracked.

Almost half of the cardiac arrests occurred in women—43 percent. Researchers found that the black community studied (2,910 people) was at significantly higher risk for cardiac arrest and subsequent death than the white community (3,207 people). The subsequent survival rate was 2.6 percent in whites,

compared to 0.8 percent in blacks. The quality of EMS services did not explain the lower survival rates among blacks.

In an editorial accompanying the New England Journal study, John Z. Ayanian, M.D., of Harvard Medical School and Brigham and Women's Hospital in Boston, pointed out that the striking differences between blacks and whites may be attributable to social factors. Higher socioeconomic status is strongly associated with better health, and those socioeconomic factors transcend race.

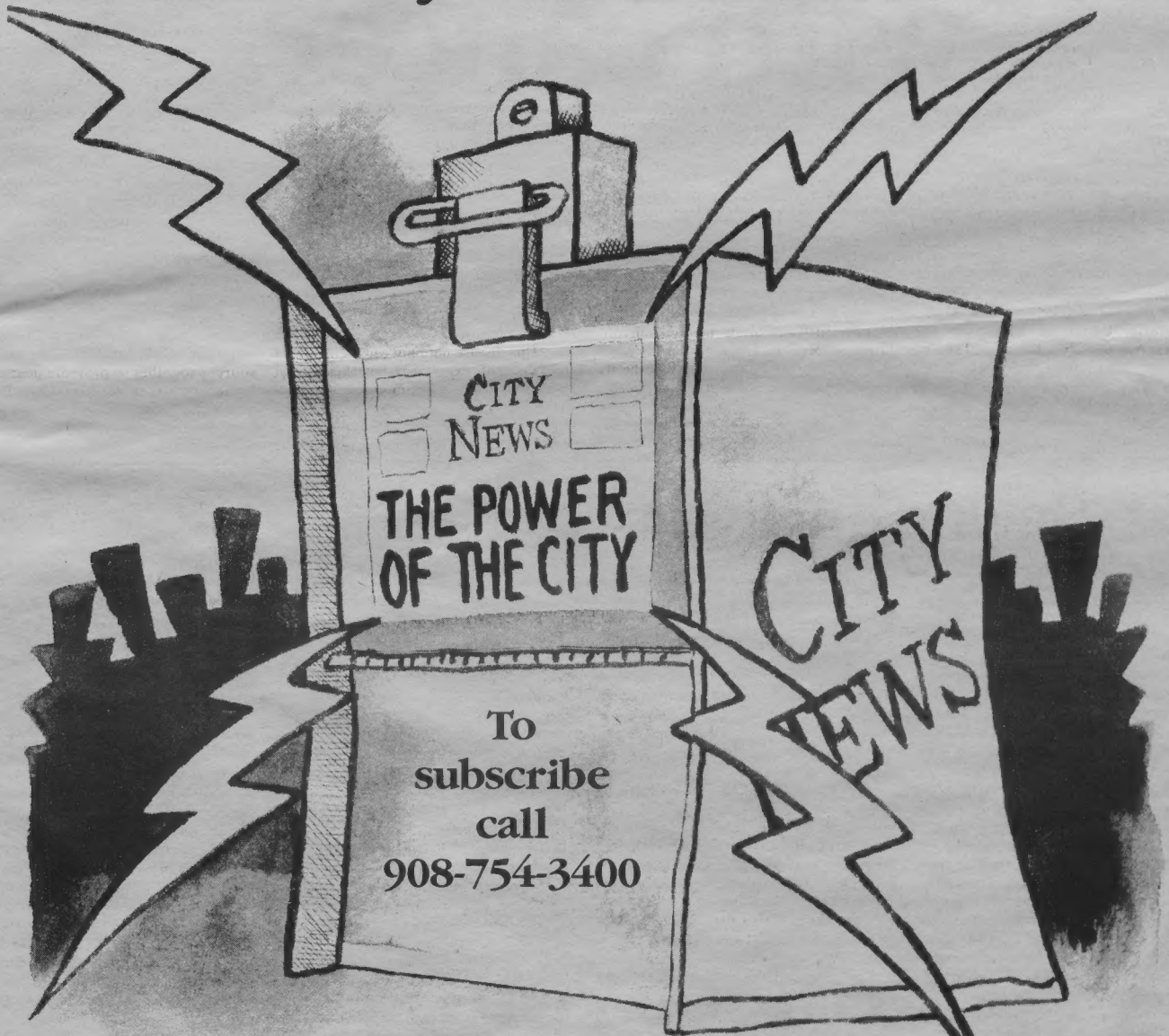
The route to improvement, according to Ayanian, requires substantial change in three areas: "first, a health care system that ensures access to effective medical care and educates patients to take full advantage of it; second, a commitment by physicians to eliminate racial bias, even in subtle forms, from clinical decision-making and communication with patients; and third, socioeconomic opportunities in American society that are not limited by race."

Education

Ongoing education for black women about their risk factors and how to modify them, their recognition of symptoms of heart disease, the value of early diagnosis and the availability of effective diagnostic techniques is crucial to reducing the numbers of deaths and disabilities among African-American women with heart disease.

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Most women don't know the facts. That 1 in every 9 women will develop breast cancer in her lifetime. For women of color, though, the recent news is even more compelling. Several recent studies suggest that breast cancer may appear in a more deadly, faster-growing form in black women. And because black women are less likely to go for regular physical examinations, they are actually more likely to die from the disease. Breast cancer, in fact, is now the leading cause of cancer death in black women.

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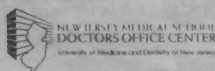
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